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ABSTRACT

This guide is part of a series published by the National Association for Girls and Women in Sport. It contains eight articles written on various aspects of the sport of basketball, and includes such topics as (1) team defense, (2) individual offensive moves, and (3) point of aim free-throw shooting. It also includes official basketball playing rules and a summary of rule changes for 1975-76, suggestions for visual aids, and an annotated bibliography. The guide also presents a statement of philosophy of the affiliated Boards of Officials, standards for official ratings, basketball study questions, and techniques of officiating basketball. (BD)

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Basketball

AUGUST 1975 – AUGUST 1976

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NAGWS Sports Guides and
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Editor
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NATIONAL ASSOCIATION FOR GIRLS
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NATIONAL ASSOCIATION FOR GIRLS AND WOMEN IN SPORT

The National Association for Girls and Women in Sport is a nonprofit, educational organization designed to serve the needs and interests of administrators, teachers, leaders, and participants in sports programs for girls and women. It is one of seven associations of the American Alliance for Health, Physical Education, and Recreation.

PURPOSE

The purpose of the National Association for Girls and Women in Sport is to foster the development of sports programs for the enrichment of the life of the participant.

BELIEFS

The National Association for Girls and Women in Sport believes that:

Sports are an integral part of the culture in which we live.

Sports programs are a part of the total educational experience of the participant when conducted in educational institutions.

Opportunities for instruction and participation in sports appropriate to her skill level should be included in the experience of every girl.

Sports skills and sports participation are valuable social and recreational tools which may be used to enrich the lives of women in our society.

Competition and cooperation may be demonstrated in all sports programs, although the type and intensity of the competition and cooperation will vary with the degree or level of skill of the participants.

An understanding of the relationship between competition and cooperation and the utilization of both within the accepted framework of our society is one of the desirable outcomes of sports participation.

Physical activity is important in the maintenance of the general health of the participant.

Participation in sports contributes to the development of self-confidence and to the establishment of desirable interpersonal relationships.

FUNCTIONS

The National Association for Girls and Women in Sport promotes desirable sports programs through:

1. Formulating and publicizing guiding principles and standards for the administrator, leader, official, and player.
2. Publishing and interpreting rules governing sports for girls and women.
3. Providing the means for training, evaluating, and rating officials.
4. Disseminating information on the conduct of girls and women's sports.
5. Stimulating, evaluating, and disseminating research in the field of girls and women's sports.
6. Cooperating with allied groups interested in girls and women's sports in order to formulate policies and rules that affect the conduct of women's sports.
7. Providing opportunities for the development of leadership among girls and women for the conduct of their sports programs.

SPORTS GUIDES AND OFFICIAL RULES COMMITTEE INTEREST INDICATOR

The SGOR Committee is endeavoring to broaden its base of personnel and to strengthen its services to *Guide* readers. The purpose of this form is to offer readers an opportunity to join us in meeting [illegible]s need. Please complete this form and send it to the SGOR [illegible]ociate Chairman-elect, Ruth Gunden, Goshen College, Goshen, [illegible]diana 46526.

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1. Check the Sport Committee(s) which would be of interest to you:

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STANDARDS IN SPORTS FOR GIRLS AND WOMEN

Standards in sports activities for girls and women should be based upon the following:

1. Sports activities for girls and women should be taught, coached, and officiated by qualified women whenever and wherever possible.
2. Programs should provide every girl with a wide variety of activities.
3. The results of competition should be judged in terms of *benefits to the participants* rather than by the winning of championships or the athletic or commercial advantage to schools or organizations.

Health and Safety Standards for Players

Careful supervision of the health of all players must be provided by –

1. An examination by a qualified physician
2. Written permission by a qualified physician after serious illness or injury
3. Removal of players when they are injured or overfatigued or show signs of emotional instability
4. A healthful, safe, and sanitary environment for sports activity
5. Limitation of competition to a geographical area which will permit players to return at reasonable hours; provision of safe transportation.

General Policies

1. Select the members of all teams so that they play against those of approximately the same ability and maturity.
2. Arrange the schedule of games and practices so as not to place demands on the team or player which would jeopardize the educational objectives of the comprehensive sports program.
3. Discourage any girl from practicing with, or playing with, a team for more than one group while competing in that sport during the same sport season.
4. Promote social events in connection with all forms of competition.

SOURCES OF INFORMATION AND SERVICE

All requests for information about services should be addressed to: Executive Secretary, National Association for Girls and Women in Sport (NAGWS), AAHPER, 1201 - 16th Street, N.W., Washington, D.C. 20036.

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Point of Aim Free-Throw Shooting

JACQUELINE SHICK

Jacqueline Shick received her B.S. and M.S. degrees from Drake University, Des Moines, Iowa, and her Ph.D. from the University of Minnesota, Minneapolis. She has taught basketball at both the high school and college levels and is currently an associate professor at the University of Minnesota.

No one would deny that shooting is the most important skill in basketball because a team cannot win if it cannot score. Without the ability to shoot, all other offensive skills are useless. Further, no one would deny that, theoretically, the highest percentage of successful shots should be obtained at the free-throw line since this is an unguarded shot. In addition, fewer aspects vary from shot to shot and, therefore, practice of the free throw more nearly duplicates the game situation than that for any other shot. If one accepts the foregoing statements, it becomes imperative to examine the research and utilize all that is applicable.

As early as 1962, Bunn (2) reported the results of tabulation of shots which indicated that more shots fall short than long. Based on these findings, he concluded that, with regard to recommending a target, "one should emphasize overshooting with the use of the backboard. Thus, short shots would fall into the basket and long ones, particularly with the help of backspin, would drop in from the backboard" (pp. 225-226). Supporting evidence for this finding was offered in 1965 by Gillespie (5). He also concluded that the least successful shooters in his study tended to shoot short. Further corroboration of Bunn's position was presented in 1968 by Scanlon (8) who concluded that, although using the entire basketball ring as a target was superior to focusing on either the back or the front of the ring, it would be better to do so on the back of the ring.

In spite of this evidence, most authors of basketball textbooks continue to advocate use of the front rim of the basket as the target (1, 3, 4, 6, 9). Paterson and West provide two options, "Look at the back edge of the nearer portion of the rim of the basket or aim at a spot on the backboard" (7, p. 43). Stutts takes a more guarded approach – "There are varying opinions regarding the point of aim. Some aim at the front part of the rim, and others consider the basket as a whole target" (10, p. 12).

Free-throw Shooting Study with Female Subjects

Since nearly all the preceding authors were writing primarily for a

female audience, and since the research conclusions cited early in this paper were based on studies utilizing male subjects, it seemed necessary to determine whether these conclusions applied equally to female shooters. Therefore, an investigation was designed to determine if the greater percentage of errors made in free-throw shooting by female college students is short.

Subjects for this study were 224 volunteer female college students enrolled in beginning basketball classes. Both physical education majors (N=138) and nonmajors (N=86) were included. All subjects were instructed to focus, as was most commonly recommended by basketball texts, on the front rim of the basket.

Each subject took a total of 50 free throws, with 10 shots taken on each of 5 days. All subjects had a separate information card for each 10-shot trial. On the card was recorded information on whether the shot (a) was made or missed, (b) was long or short and (c) was the correct distance but did not enter the basket because of a lateral error.

Before analyzing the data, all lateral errors were subtracted from the total number of shots missed by a subject to enable the investigator to examine only the "short-vs-long-error" question.

Although significance-testing would have been possible with the available data, it was felt that a more meaningful approach would be to report the results in terms of percentages. Since the results of previous studies indicated that more errors were short than long, results of this investigation are presented as percentage of errors which were short. Percentages are presented for subjects shooting one-hand shots and those shooting two-hand shots. Data are also examined for physical education majors and nonmajors singly as well as collectively. (See Table 1.)

TABLE 1. Percentage of Errors Which Were Short

	1-hand shot	2-hand shot	Total
Major	53 (N=77)	52 (N=61)	52(N=138)
Nonmajor	51 (N=40)	49 (N=46)	50 (N=86)
Total	52 (N=117)	50 (N=107)	52 (N=224)

As the findings of this investigation indicate, aiming at the front rim of the basket did not result in a marked difference between the percentage of errors which were short and those which were long. Subjects in this study, however, were not fatigued when shooting, and this might be an important factor. Bunn stated, "As players tire, they begin to fall short of their target." It would seem appropriate to replicate this investigation using fatigued subjects. Until such a

study is reported, perhaps the best advice is that of Stutts: "Regardless of the point of aim selected–remember to watch the target" (10, p. 12).

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Team Defense

LEONARD B. RANSON

Leonard B. Ranson is the dean of students, athletic director and the women's varsity basketball coach at Mount Mercy College, Cedar Rapids, Iowa. He received his B.A. degree from Washington and Lee University, Lexington, Virginia, B.D. degree from Duke University, Durham, North Carolina, and M.A. degree from the University of Iowa, Iowa City, Iowa. He has been a United Methodist minister for 15 years.

The name of the game is Team Defense. This is one of the main keys to success in coaching women's basketball on the intercollegiate level. A defensive oriented squad is apt to have more esprit de corps and, consequently, more fun than the squad which is not oriented to defense.

Team defense must be taught. Whereas many offensive players seem to have the talents to be good shooters, defensive skills must be learned. The coach's task is to develop a philosophy, and to plan and implement a procedure.

Philosophy

The writer's philosophy is that by playing team defense, a team will control the tempo of a game and, as a result, will be a contender in every game it plays. This philosophy is presented to the squad members at the first practice session. It is important at that time to emphasize that defensive performances are an important part of the coach's reward system. Blocked shots, steals, defensive rebounds, forced jump balls, double teams and blocking out are acknowledged by the coach as good defense. The coach in every practice session must commend and acknowledge good defensive plays. Through commendation, the coach hopes this defensive philosophy will be accepted by the players. Not until the players accept the fact that defense is crucial to the success of the team will they pay the sacrifices to play defense.

Plan

The second step in teaching team defense is to have a plan. Before the preseason practice begins, the coach must map out all aspects of his/her defensive strategy. A tentative list would include: base line and side line defense; overplay strategies; double team do's and don'ts; zone and player-for-player variations of a full court press;

jump ball and free throw situations; post defense; switching; blocking out on the defensive board; defensing the three-on-two break; protecting the middle of the court when on offense; zone defenses; player-for-player defenses; and drawing the offensive foul. After the coach has ranked each of these items by importance based on his/her knowledge of the team's skills, a defensive check list is drawn up to include the order in which the skills will be taught. Each of these skills will be included in the preseason drills. Developing and following such a plan will aid in preparing the team defensively. Of course, throughout the season the team will review and work on areas where it needs improvement.

Practice Procedure

The third step is to establish a practice procedure. I have found the best procedure to be practice sessions that devote 75 percent to defense. At every practice, some aspect of the defensive plan and philosophy is emphasized. Many times multiple parts of the plan are incorporated into a single drill. For example, a group of three players may be on offense working against two defensive players in a rebounding and fast break drill in which blocking out and defending three against two is practiced. In another drill a full court press may be practiced in which sideline defense, drawing the offensive foul, overplaying and double teaming may all be illustrated.

Another procedure is to use videotape of practice sessions as a basis for discussion with the players. An additional procedure which has worked for me is to go over the defensive plans for the day with the squad and then in the course of drills and scrimmages to point out the strengths and weaknesses of the team. At the conclusion of the practice, we review and evaluate our results.

The Neglected Dimension: Individual Offensive Moves

CATHY PASKERT

Cathy Paskert is an assistant professor of health education and varsity basketball coach at Montclair State College, Upper Montclair, New Jersey. She received her B.S. degree from Panzer College, East Orange, New Jersey, M.A. from Columbia University, New York City, and Ph.D. from the University of Utah, Salt Lake City. She is an experienced clinician and successful coach; her Montclair State team won state championships in 1971, 1973 and 1974.

Comprehension and execution of basic individual offensive moves are prerequisites to the installation of any team offense. It is unrealistic and an enormous waste of practice time for coaches to expect players to execute even the simplest team offensive patterns without first having learned to move on offense both *with* and *without* the ball. While boys often learn some of these skills from each other during their participation in playground basketball, a more concerted effort is needed to introduce these skills to most girls.

The following moves, with and without the ball, are suggested as basic to the development of a player's offensive game.

Offensive Stance

Basketball literature is replete with theories concerning the defensive stance, but scant attention has been focused on the offensive stance.

1. Face the basket with knees flexed in a "ready" position, and the toes pointed toward the basket.
2. Keep the head up and the body "square" to the basket.
3. Hold the ball between the waist and chest in a "triple threat position." In this position one hand is behind the ball, and the supporting hand is either alongside or underneath the ball. A player in this position is considered a triple threat because she is now ready to shoot, pass or dribble.
4. Save the dribble. Do not put the ball to the floor unnecessarily. Once the dribble is started, continue until an outlet (shot or pass) is available.

Offensive Moves With the Ball

Each of the following moves can also be executed to the left.

1. Fake Right, Balance, Shoot
   a. Fake with a *short* jab on the ball of the right foot directly at the left foot of the opponent. *Fake forward*, not out to the side.
   b. If the defender backs up and you are within shooting range, come back and balance, then shoot.
   c. Teach with a three count: (1) jab right, (2) come back and balance, (3) shoot.
2. Fake Right, Go Right
   a. Fake with a short jab on the ball of the right foot directly at the left foot of the opponent.
   b. If the defensive player does not back up, take a *long* step with the right foot, put the ball to the floor, and drive to the basket. Note that this involves two successive moves with the right foot – a jab, followed by a step.
   c. The first step (right foot) and the dribble must be simultaneous or a traveling violation will be committed.
   d. Teach with a two count: (1) jab right, (2) step right, put the ball to the floor and drive to the basket.
3. Fake Right and Crossover
   a. Fake with a *short* jab on the ball of the right foot directly at the left foot of the opponent.
   b. If the defender does not back up, pivot on the left foot, move the ball across the body and crossover with the right foot.
   c. Put the ball to the floor *before* lifting the pivot foot or a traveling violation will be committed. Note that the ball is now in the left hand.
   d. Teach with a three count: (1) jab right, (2) move the ball to the left, pivot and crossover with the right foot, (3) put the ball to the floor, release pivot foot, and drive to the basket.

In this fake series there is a definite element of deception because each fake begins in the same way, with a jab step (short - to maintain balance) directly at the left foot of the defender. However, after the mechanics of these moves are learned, players can concentrate on following through with the appropriate fake once the initial move (jab) has been made. With time and practice, selection of the appropriate fake response will become spontaneous and the movement fluid. The reaction of the defensive player dictates which is the appropriate fake response. For example:

1. Defensive player takes the fake and backs up. Fake right, balance, shoot is the correct counter move.
2. Defensive player does not take the fake, but maintains her defensive posture. Either fake right, go or fake right and crossover would constitute a correct counter move.

Offensive Moves Without the Ball

For the most vivid illustration of movement without the ball one need only to watch Bill Bradley of the New York Knicks. To observe Bradley in action is to see motion off the ball that is constant and purposeful.

While screens and the pick and roll are more often taught, the cuts described below are sometimes neglected at all levels of play:

a. Inside or Middle Cut

The offensive player cuts in *front* of her defender to receive the ball. Any time an offensive player succeeds in splitting between her defender and the ball she is on the way to a successful inside or middle cut. This cut can be made moving to or away from the ball.

See Figures 1 and 2.

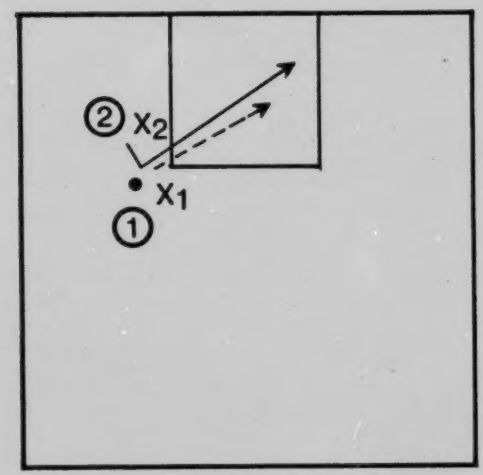


Figure 1. To the ball. Offensive player O_2 comes directly to the ball and cuts in front of defender X_2 to receive a pass from O

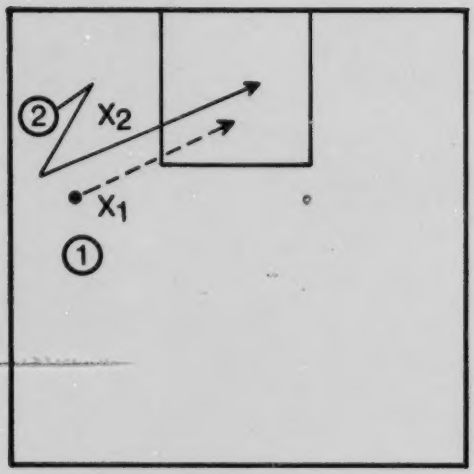


Figure 2. Away from the ball. Offensive player O_2 fakes away from the ball, then comes back to the ball and cuts in front of her defender X_2 to receive a pass from O_1.

b. Reverse or Backdoor Cut

The offensive player *cuts* behind her defender to receive the ball. Again, the initial move can be made either to the ball or away from it.

See Figures 3 and 4.

These cuts can be made by guards, forwards and post players from any location on the court. Additionally, they are difficult to defend, particularly when players remember to use head fakes, move continuously and employ a change of pace while maneuvering for position.

Whether one works with beginning or experienced players, individual offense is a dimension of the game that merits stress. Only then can there be hope that the familiar, desperate pleas of coaches to "move," "drive" and "get free" will be well understood, and who knows, they might even be heeded!

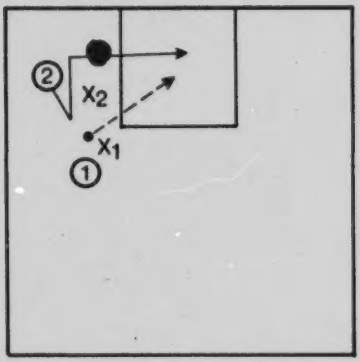


Figure 3. To the ball. O_2 moves to the ball and then cuts back sharply, going behind her defender X_2 to receive a pass from O_1.

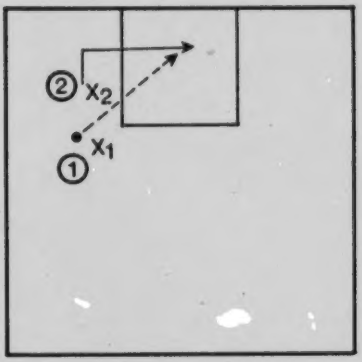


Figure 4. Away from the ball. X_2 is overplaying slightly to the ball side, O_2 cuts away from the ball and goes behind X_2 to receive a pass from O_1.

Coaching from the Demands Of The Game

JEAN CAROL SMITH

Jean Carol Smith is the basketball coach at Longwood College in Farmville, Virginia with 10 years coaching experience, 3 of which were on the high school level, including one VFISW State Championship. At present, she is the VFISW state basketball chairperson.

From an observational analysis of basketball, it is discernible that the fundamental movements involve sprinting with quick starts and stops, running forward, backward and laterally, and pivoting in all directions. Varying degrees of speed are also seen in walking, jogging and sliding movements. However, the maximum distance through which a player must execute any of these movements is the length and width of the court. Another type of basic movement is jumping in primarily a straight-vertical direction.

Usually, while involved with some type of basic movement, a player with the ball is expected to dribble, pass and shoot. Without the ball, a player is expected to catch, rebound, position herself for rebounds, break and when her team does not have the ball, to play defense.

Players must be able to perform the various skills of the game while executing basic body movements. While dribbling the ball, for example, a player must be able to sprint, fake, drive, switch hands with the dribble and pivot in addition to playing with her teammates against opponents. The focus in coaching is one of emphasis on conditions and circumstances under which a player is expected to demonstrate various skills. One player out of 10 must be able to move the basketball from one floor area to another while dribbling. The defensive aspect of the game dictates that the dribbler will be closely guarded, under pressure, and once the dribbler stops dribbling she must either shoot or pass the ball. Thus, the dribbler constantly must be alert for an open teammate to whom to pass the ball. All this illustrates the demands which basketball places on the dribbler–ball-handler.

Coaching from the dribbling aspect of the game substantiates the necessity of being game-like in presentation, analysis, movement execution and drills. Practice periods should be organized and conducted to simulate the various demands of the game.

In addition to allowing practice of various skills, the purpose of drills also is to create pressure, testing and challenging situations for the development of the player's ability. Here are some techniques or drills which can be used in practices for the game-like development of dribbling.

Dribble Sprint

While sprinting from one end of the basketball court to the opposite end, each player must dribble and maintain control of the ball. Five or six players line up side-by-side on the endline and all players leave at the same time.

Dribble Tag

All players have balls and are to maneuver within the confines of the basketball court. While constantly moving, each player attempts to tag as many players as possible within a designated time period. Each player must maintain the dribble throughout the time period while trying to tag others and not be tagged himself.

Dribble Suicide

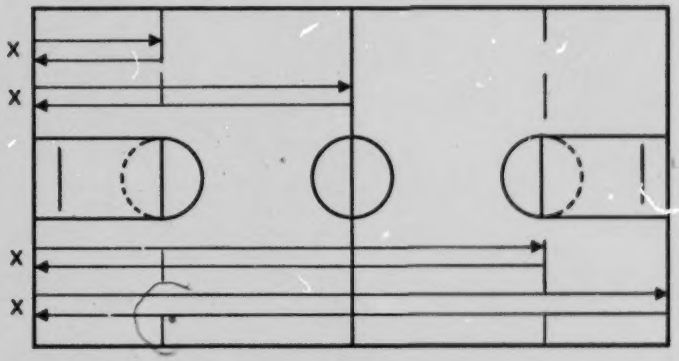


Figure 1.

On the signal "go," four or five players on the endline sprint while dribbling to the foul line extended. They must touch the foul line with the non-dribbling hand, pivot, switch hands on the dribble and return to the starting endline where they will repeat the same

I_ 23

maneuvers. The next line is the center court line. Upon returning to the starting endline they will sprint toward the opposite foul line extended, back to the endline, to the opposite endline and back to the starting endline. At each line, each player must touch that line, pivot and switch hands on the dribble. The sequence of lines is endline, foul line, endline, center line, endline, foul line, endline, opposite endline, endline.

Ball Between

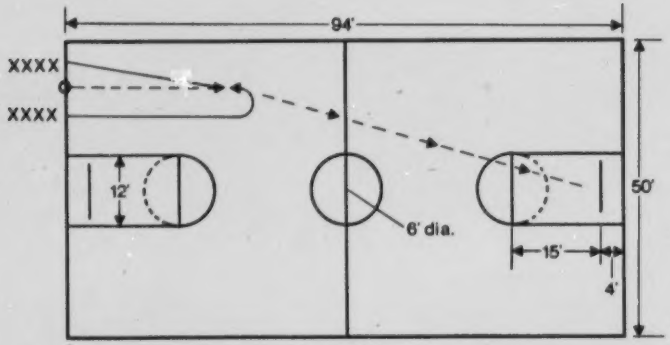
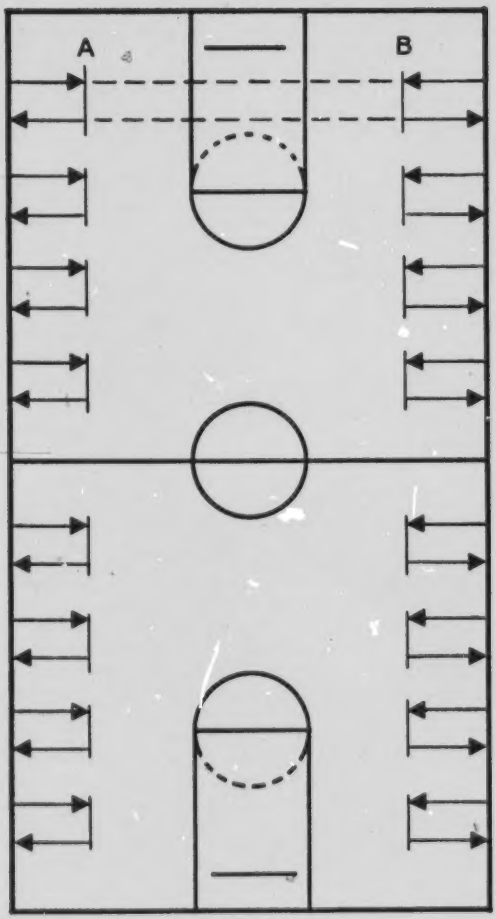


Figure 2.

Two players stand on the endline with the coach in between with the ball. Upon hearing the signal "go," both players sprint toward the ball which is thrown or rolled on the floor by the coach. The first player to gain possession of the ball becomes the offensive player as the other player becomes the defensive player. There is a one-on-one situation between the offensive and defensive player. The objective for the offensive player is to get the ball to the opposite basket and to score, while the objective for the defensive player is to prevent the offensive player from scoring. The drill continues with players going in pairs. A variety of circumstances can be created by the coach for practice in gaining possession of the ball and maneuvering with it.

Following the completion of the dribble, the player will either pass or shoot. Players must be allowed to work on dribbling, passing and catching. The following is a drill which allows practice on dribbling, passing and catching while moving, pivoting, meeting passes, sprinting, and passing without looking at the receiver.



(Figure 2)

This drill begins with players in pairs, each player A with a ball. Using a stationary dribble, A passes to B. Upon receiving the pass, B pivots and sprints while dribbling to the basketball court sideline where she will pivot and begin her return to her starting line. Simultaneously with B's action, A is sprinting to her sideline to pivot and return to her starting line to receive the pass from B. The drill continues as A and B alternate actions with and without the ball. Emphasis should be placed on looking somewhere other than at the pass receiver.

No matter how perfectly a skill can be executed, unless it can be performed in a game situation, it is nonvalid as a skill. All players must be moving during playing time whether or not they have the ball. Thus, all skills must be taught and practiced while on the move. A frustrating experience for coaches is to see players shoot expertly in practice yet be unable to perform in a game. If their shooting ability has been developed only from a nonmoving position, from a stationary dribble, without at least one defensive player, without the presence of teammates, then how can that player be expected to perform in a game?

A shot will be attempted by a player either at the completion of the dribble or upon catching a pass. The game demands that players who are to perform in a game must practice shooting from the dribble and from a pass. Some examples of shooting drills that combine these game demands are: dribble shoot, catch shoot and harass the shooter.

Dribble Shoot

This drill begins with half of the team at one basket and the other half at the opposite basket. Every player has a ball with the objectives to shoot, rebound her shot, dribble while sprinting to the opposite basket where she will also shoot, rebound, etc. The drill continues from basket to basket with a designated time period and an emphasis upon ball control. Each player is strongly encouraged to shoot from different areas on the floor.

Catch Shoot

Players work in pairs with one ball per pair; one player is the passer, the other player the shooter. Using different floor positions, the shooter, upon receiving the pass, must shoot without dribbling. After a certain period of time, the passer and shooter switch responsibilities. Passers are encouraged to use a variety of passes with varying degrees of force. Shooters are asked to catch the ball with the same hand positioning which they use in their shot.

Harass the Shooter

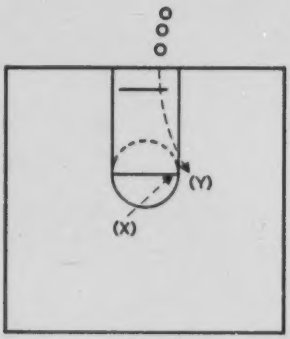


Figure 4.

One player, (Y), is the designated shooter while defensive players are positioned under the basket. The passer (X) starts the action by a pass to the shooter which signals a defensive player to appear before the shooter. The defense is encouraged to verbally harass the shooter. After every attempted shot a new defensive player appears. A rotation system can be used from defense to passer to shooter after every three-minute shooting period. The shooter is encouraged to shoot from all areas on the floor with maximum concentration on the shot. At least three defensive players of varying abilities are needed to provide the shooter with a variety of experiences. A new defensive player appears after each attempted shot to allow the shooter an opportunity to adapt to different defensive players.

Basketball places different demands on the foul shot. The omission of the defense, the lack of noise, and the fact that a player's maximum number of attempted shots are two during one shooting period, are a few of the unique qualities of free-throw shooting. Coaching this aspect of the game means that the coach must simulate the demands of the game by determining how to practice foul shots. After running full court drills or suicide drills, the players can step up to the foul line and shoot two foul shots. In the middle of a full court scrimmage, a player can be singled out to step up to the free-throw line and shoot two shots.

After sprinting from one end of the court to the other, a whistle blows and after a momentary pause, a player is expected to walk up to a line and successfully put the basketball through the basket. If a player is to make those foul shots or to play basketball successfully, she must be coached according to the demands inherent in basketball.

Basketball Basics through a Circuit

NANCY A. NELSON

Nancy A. Nelson teaches physical education and coaches the girls' basketball team at Milwaukee Lutheran High School, Milwaukee, Wisconsin. She earned her B.S. degree from the University of Wisconsin, Whitewater. She has been an instructor at Warhawk Girls Basketball Camp. She has played A.A.U. basketball for six years and is a former A.A.U. all-star team member.

The basic fundamentals of basketball and conditioning can be practiced in a six station circuit, which is designed for a gymnasium with three baskets (Figure 1). Two girls start at each station. As many as 12 girls start in the center doing ball handling. Early in the season start off with each person doing each drill for 30 seconds, after which partners switch starting places. As the season progresses, work up to 1 minute per girl per station. Twenty-four girls can be run through the circuit in about 15 minutes. If you have only 14 girls, use the ball-handling area as a station, and the circuit can be run in 8 minutes.

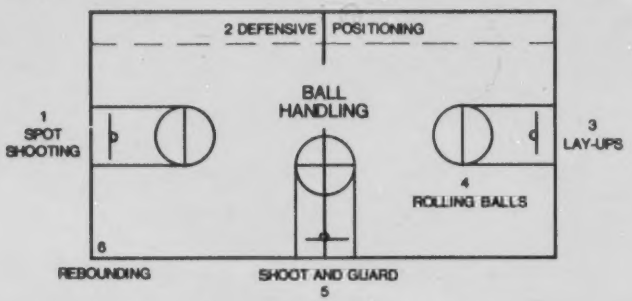


Figure 1. Gymnasium setup.

There are four areas which are necessary to work on: shooting, rebounding, agility and defense, and ball handling. All of the skills have been presented to the girls and they have been told what to think about in each drill, e.g., follow-through, not jumping forward, and hustling.

Station 1. Spot Shooting Using Two Balls

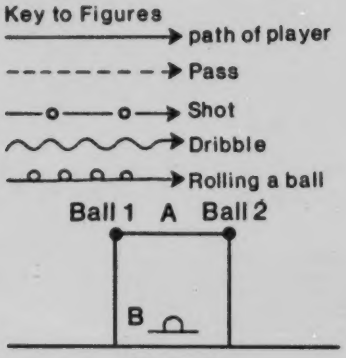


Figure 2.

Put a ball on each corner of the free throw line. Player A will do all of the shooting for the first 30 seconds. She picks up ball 1 and does a jump shot, then quickly goes and picks up ball 2 and does another jump shot. She continues back and forth between 1 and 2 for 30 seconds. Player B does all the rebounding and replaces the balls on their original spots on the free throw line. Points of emphasis include quick release, good follow-through and jumping straight up.

Station 2. Defensive Positioning

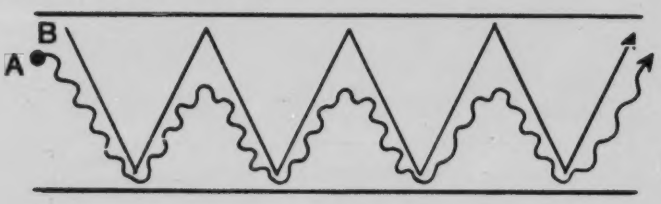


Figure 3.

This drill is for the defensive person. The dribbler is told *not* to beat the guard. Player B, the defensive person, gets into the proper

defensive position but holds her hands behind her back and slides with the dribbler. Player A dribbles in a zigzag fashion between two designated lines about 10 feet apart. The dribbler is told to keep her body between the ball and her opponent. Points of emphasis include maintaining a low wide defensive stance, sliding with the offensive player and constantly moving the feet.

Station 3. Lay-ups

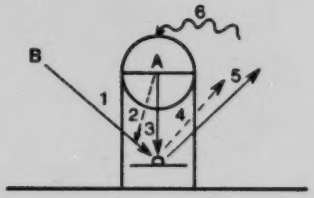


Figure 4.

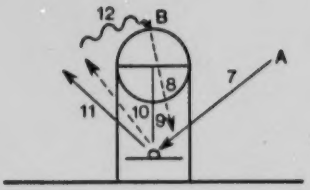


Figure 5.

For the first 30 seconds, player B will shoot lay-ups from the right side of the basket and player A will shoot from the left (Figures 4 and 5). Player A starts with the ball (Figure 4). Player B cuts for the basket (1) and receives the pass from player A (2) and goes in for the lay-up shot. Player A goes to the basket (3), rebounds and passes out to player B (4) who has gone to the left side of the free-throw lane (5). Player B dribbles to the top of the circle (6). Player A follows her pass to a point even with the free-throw line extended (Figure 5), pivots and runs toward the basket (7). Player B passes (8) to player A who does a left-handed lay-up. Player B goes to the basket (9), rebounds and passes to player A (10) who has gone to the right side of the free-throw lane (11). Player A dribbles out to the top of the circle (12) and player B goes to her original starting spot even with the free-throw line extended. Points of emphasis include using the right hand from the right side and using the left hand from the left side of the basket.

Station 4. Rolling Balls

Player B starts with two balls. She rolls one ball out to spot (a). Player A hustles over, picks up the ball and passes it back to player B. As soon as player A releases the ball, player B rolls the second ball

to a spot (b) which is about 15 feet away. Players keep this up for 30 seconds, at which time they switch places. Points of emphasis include making a good pass to B, allowing A to get to the ball (do *not* roll the ball too quickly), and hustling. This drill could also be done using a bounce pass.

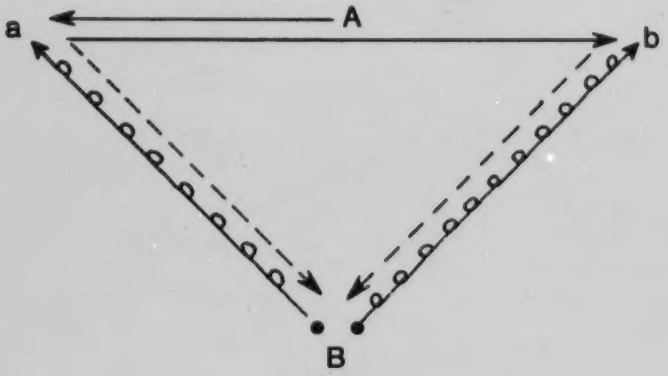


Figure 6.

Station 5. Shoot and Guard

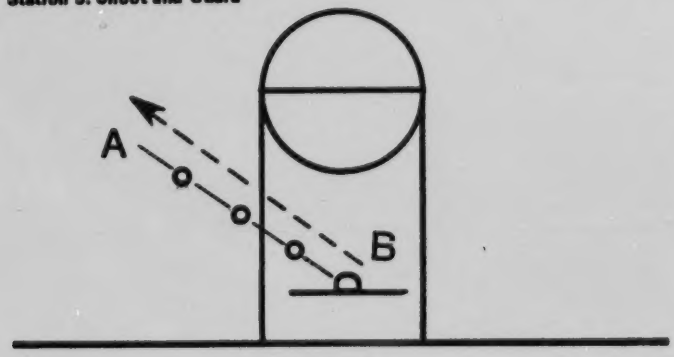


Figure 7.

Spot shooting is very important. Every time the circuit is run, change the spot from which the girls shoot. In Figure 7, player B passes to player A who executes a jump shot, and then rebounds her own shot. Players exchange places and continue for one minute. For the first two weeks, the girls should work just on shooting. After a couple of weeks, player B attempts to block the shot after she has made the pass. Points of emphasis include good follow-through, *not* jumping forward on the shot, and releasing the ball quickly.

Station 6. Rebounding

For the first 30 seconds, using only the right hand, the players throw the ball up against the wall while in the air. At first the timing will be bad, but the girls will soon become proficient. The girls should use the left hand for the next 30 seconds. Points of emphasis include getting the ball at full extension and throwing it back up before landing.

Ball handling is often overlooked as being specific to certain positions. Everyone needs to be able to handle a ball without looking at it. Individual and partner ball handling drills should increase a girl's confidence in this area. The following is a simple routine which can be easily learned.

Stand on tiptoes, arms extended overhead and tap the ball back and forth with the fingertips; lower heels and circle the ball around the head to the right and then to the left; circle the ball around the waist to the right and then to the left; circle the ball around the knees to the right and then to the left; do a figure 8 around the legs; hold the ball in both hands behind the legs and toss the ball forward between the legs; quickly bring the hands forward and catch the ball without it bouncing; toss the ball backward and catch it behind the legs; dribble a figure 8 pattern around the legs; kneeling on one knee with the other foot forward and flat on the floor, dribble a figure 8 around the forward foot and behind the kneeling leg; continue dribbling while getting into a long sitting position; lie down and continue dribbling.

Partner ball handling skills: face your partner about five feet apart and start the ball in the right hand tossing it underhanded to each other; use the left hand; do a figure 8 starting with the right hand in front of the body (after one figure 8, toss the ball to your partner with the right hand); reverse the pattern by starting with the left hand and tossing with the left; start in a straddle stance, hold the ball with both hands behind the legs and pass it between the legs to your partner.

A 12-Minute Ball-Handling Conditioning Program

MARILYN C. HARRIS

Marilyn C. Harris is the women's varsity basketball coach at the University of Wisconsin, Madison. She earned her B.S. degree at Southern Illinois University, Carbondale, in 1970 and is working on the masters degree at the University of Wisconsin, Madison. She played six years of AAU basketball and four years on the Southern Illinois University varsity team. She has a current national rating in basketball.

The following is a 12-minute mass ball-handling conditioning program. Caution should be taken not to start this program without having players undergo some type of previous conditioning and instruction or review of basic dribbling skills. This program requires only 12 minutes to complete and the entire team participates individually in a group while incorporating ball-handling skills and the demands of a conditioning program.

The program is structured and is run around the perimeter of the basketball court (Figure 1). Movement starts in a clockwise direction and can be changed by starting counterclockwise during the program or the next time the program is conducted. During this particular program the direction changes at the 7-minute mark.

The unique feature of this program is its flexibility. Various activities can be rearranged or other types of dribbling activities incorporated to meet specific needs of the teams. Constant encouragement and emphasis on the fundamentals of dribbling are given during the 12 minutes.

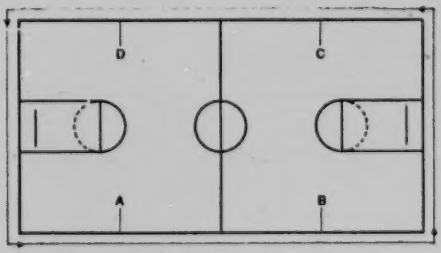


Figure 1.

Minutes	Activity	Emphasis
1 and 2	Running and dribbling	Finger flexion, wrist action, control, using both hands, heads up, eyes focusing ahead
3	Sprinting between lines A and B and lines C and D	Accelerating at A and C, control, ball out in front, knee to waist high
4	Sliding facing the center	Both hands, crossover, finger action
5	Sliding facing out	Both hands, crossover, finger action
6	Reversing dribble at corners	Dribbling with outside hand when approaching the corner - pivoting and changing to opposite hand
7	Changing direction and reversing dribble at the corner	Dribbling with outside hand when approaching the corner - pivoting and changing to opposite hand
8	Backward dribble	Quick shuffle of feet
9	Right foot forward, left-hand dribble	Control: ball out in front
10	Left foot forward, right-hand dribble	Control: ball out in front
11	Sprinting	Accelerating at A and C, control, ball out in front, knee to waist high
12	30-second knee dribble or low waist dribble	Trunk flexed, opposite arm up as to protect ball, slight crouch, ball out in front, arms at side

Annotated Basketball Bibliography

Revised by RHONDA K. FLEMING
Danville, Virginia

Barnes, Mildred J. *Women's Basketball.* Boston: Allyn & Bacon, 1972. This is a basic, thorough book on the five-player game covering individual and team offense and defense. It contains a section on special situations such as jump balls, out-of-bounds plays, free throws and ball control. It also covers coaching procedures for beginning and advanced players. It contains numerous diagrams and photographs of team strategy.

Ebert, Frances H. and Cheatum, Billye Ann. *Basketball-Five Player.* Philadelphia: Saunders, 1972. Included in this book are sections on the history of the game, conditioning, body control, ball handling skills, offense, defense, pressure defense, coaching and treatment of injuries. It contains a summary of major rule changes from 1907. It is well illustrated and offers a compact, reasonably priced, overall coverage of the game.

Holzman, Red and Lewin, Leonard. *Holzman's Basketball: Winning Strategy and Tactics.* New York: Macmillan, 1973. 242 pp. The strength of this book is its emphasis on individual fundamental basketball techniques. It presents some complex basketball material in a very readable, personal narrative. Some of the more interesting sections deal with individual offense and defense, moving without the ball, the player's viewpoint and the trainer's viewpoint. Though written by a men's professional coach, its adaptability and applicability to girls and women's basketball is unquestionable.

Turnbull, Anne C. *Basketball for Women.* Reading, MA: Addison-Wesley, 1973. This book is intended specifically for the new or prospective coach of women's basketball. It contains very specific information on organizing and administering a basketball program for women. It is well illustrated and covers fundamentals and basic offensive and defensive alignments and strategies as well as conditioning, injuries, game and practice procedures, and psychology of coaching.

Basketball Audiovisual Aids

Women (Numbers in parentheses refer to film distributors.)

Women's Five-player Basketball. 1973. Super 8, 8-loop series, color, silent. Series $159.60, each $19.95 (3). Features a West Coast team under the direction of Billie J. Moore of California State College at Fullerton. Films cover basic dribbling techniques, crossover dribble, reverse dribble, one-on-one drives, chest pass, bounce pass, layup shot, jump shot, rebounding, and blocking out for rebounds.

Men

Basketball. Super 8, 9-loop series, color, silent, 3-4 min. each. Series $179.55, each $19.95 (3). Filmed from four angles to show same movement from different positions. Slow motion and stop action techniques used. Series covers various dribbling techniques, drives, passes and shots and rebounding. Instruction guide provided with each loop.

Bill Russell's "Red Check" Basketball Films. 16mm, color, sound. Three units of 4 films each, 5 min. per film. One unit $150 ($15 rental), any 2 units $285 ($25 rental), 3 units $420 ($35 rental) (2). Basketball skills demonstrated by Bill Russell (narrator), Rick Barry and Walt Frazier. Unit I covers fundamentals; Unit II, individual play; Unit III, team play. Features slow motion, replay and stop action techniques combined with a "Red Check" system used to call attention to critical points under discussion. Technical consultant: Bob Boyd, University of Southern California.

The Basketball Series. 1967. Super 8, 14-loop series, color, silent. Series $225 (1). Presents major concerns of basketball as advised by "Red" Auerbach. Films cover various shots, screening, rebounding, passing, offensive pivot play, offensive footwork, fakes and feints, dribbling, and guarding a player with or without the ball. Suggested for junior and senior high school students.

Film Distributors

(1)McGraw-Hill Films, 1221 Ave. of the Americas, New York, NY 10020.
(2)Scholastic Coach Athletic Services, 50 W. 44th St., New York, NY 10036.
(3)The Atheltic Institute, 705 Merchandise Mart, Chicago, IL 60654.

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Approximately 200 boards of officials throughout the U.S. are affiliated with NAGWS through an organization of affiliated boards called the NAGWS Affiliated Boards of Officials. These boards provide opportunities for interested individuals to learn about officiating or judging and are authorized to give NAGWS ratings.

The Officiating Examinations and Techniques Committee includes the P and T of O (Principles and Techniques of Officiating) Chairpersons. These individuals are specifically concerned with enumerating the mechanics used by referees, umpires, and judges in officiating games, meets or matches.

The Officiating Examinations and Techniques Committee also includes an E and R (Examinations and Ratings) Chairperson for each sport in which ratings are given. Each Chairperson and committee are responsible for preparing, revising, and analyzing the officiating theoretical (written) examinations.

If you have questions concerning the techniques of officiating basketball, write to:

SHARON J. GAUNT
9313 Winbourne Rd.
Burke, VA 22015

Information regarding study questions in this basketball guide or on the theoretical examination on basketball should be addressed to:

JAN CALLAHAN
Route #1
Pleasant Dale, NE 68423

Additional information regarding NAGWS Officiating Services may be secured by writing:

NAGWS/AAHPER
1201 Sixteenth St., N.W.
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STATEMENT OF PHILOSOPHY OF THE AFFILIATED BOARDS OF OFFICIALS:

THE ROLE OF THE OFFICIAL IN THE COMPETITIVE SITUATION

Educational values should be of primary concern to all who have leadership roles in a competitive program. As one of those fulfilling leadership roles, the official must be concerned with promoting those values and with the welfare of the participant. The unique contribution of the official is assuring equal opportunity and fair play for all. The official essentially acts as an arbitrator, providing judgments that are within the spirit and intent of the rules. Decisions are based on objective evidence, free from bias and from the emotion that often pervades the competitive environment.

An official enters the competitive situation with a thorough understanding of the letter, as well as the intent of the rules, the strategy and skills of the sport to be played, and correct execution of officiating techniques to view the contest accurately. The official maintains a friendly yet reserved attitude toward all throughout the sport experience. The official is flexible, operating within officiating standards appropriate to the age of the performers, the level of skill, and the facilities available. Biases by players, spectators and coaches will be evaluated with an understanding not only of the multiplicity of ways in which individuals may react to a competitive experience but also of the behavior appropriate to such an educational experience. Duties will be performed fairly, efficiently and without drawing undue attention to the official. In order to strengthen the official's effectiveness, personal evaluation of performance will be made and solicitation of constructive criticism from coaches, players and administrators will be sought. Though receiving a fee, the ultimate reward to the official will be that of having rendered a valuable service to girls and women who have found personal meaning in expressing themselves through the medium of sport.

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There are six ratings for officials, five of which qualify the holder to officiate sports contests. Each is designed to meet the needs of various sports events and to stimulate interest of individuals who desire to officiate.

The *Examiner's rating* signifies the holder is qualified to rate officials.

The *Intramural rating* qualifies the holder to officiate contests in the school in which the holder is enrolled or contests of comparable level.

The *Apprentice rating* qualifies the holder to officiate contests which may be adequately controlled by a competent, but inexperienced official.

The *Local rating* signifies that the holder is qualified to officiate interscholastic and intercollegiate contests requiring a competent and experienced official.

The *State rating* signifies that the holder is capable of officiating any contest within the state or region where the rating is awarded.

The *National rating* signifies that the holder is capable of officiating any contest anywhere in the United States. This rating is for the most highly skilled official.

Specific requirements for all ratings are outlined below.

Examiner

1. Prerequisite – must have held a state or national rating for a minimum period of six years. (The six years need not be consecutive but must be within the previous eight-year period.)
2. Theoretical examination – national examination, minimum 82.
3. Duration – two years from next June 1.
4. Renewal:
   a. In order to be eligible for renewal, the candidate must have been involved in the rating or training of officials.
   b. To renew, the candidate must pass the national theoretical examination with a minimum score of 82.
   c. Should the rating lapse for one year or less, the candidate remains eligible for renewal.
   d. Should the rating lapse for more than one year, the candidate must qualify through earning a State rating.
5. This rating is transferable to other Boards.

Intramural Official

1. Minimum standards – set by Affiliated Board.
2. Duration – two years from next June 1.

Apprentice Official

1. Minimum standards can be set by the affiliated board, *or* these standards may be followed:
   a. Minimum grades – average of theory and practical, 75.
   b. Theoretical examination – national examination, minimum 74.
   c. Practical examination[1] – minimum 75; minimum number of raters: one.
2. Duration – Two years from next June 1.

Local Official

1. Minimum grades – average of theory and practical, 80.
2. Theoretical examination – national examination, minimum 76.
3. Practical examination[1] – minimum 80; minimum number of raters: two.
4. Duration – two years from next June 1.
5. This rating is transferable to other Boards.

State Official

1. Minimum grades – average of theory and practical, 85.
2. Theoretical examination – national examination, minimum 82.
3. Practical examinations
   a. Practical examination[1] – minimum 85; minimum number of raters: three.
   b. Alternate plan for basketball, softball, competitive swimming and diving or volleyball – after holding a State rating with the same board for four consecutive years, the official may request that seven different coaches evaluate her officiating (see appropriate sports packets for details), in lieu of the practical rating session.
4. Duration – two years from next June 1.
5. This rating is transferable to other Boards.

[1] Persons holding a State, National, Honorary National, or Examiner's rating are qualified to rate. Any rating team may include no more than one Examiner.

National Official[3]

1. Minimum grades – average of theory and practical, 88.
2. Theoretical examination – national examination, minimum 88.
3. Practical examinations
   a. Practical examination[1] – minimum, 88; minimum number of raters: three, one of whom must hold a National rating.
   b. Alternate plan for basketball, softball, or competitive swimming and diving – after holding a National rating with the same board for four consecutive years, the official may request that seven different coaches evaluate her officiating (see appropriate sports packets for details), in lieu of the practical rating session.
4. Duration – two years from next June 1.
5. This rating is transferable to other Boards.

Levels of ratings for gymnastics and synchronized swimming are:

	Minimums	
Gymnastics	*Theoretical*	*Practical*
National	85	85
Regional	80	80
State	75	75
Associate	70	70
Apprentice	70	–

Duration: Until December, 1980. Must judge three meets per year and file reports to maintain status.

	Minimums	
Synchronized Swimming	*Theoretical*	*Practical*
National	90	85
Regional	80	75
Local	70	65

Recommended Fees[3]

Local boards should establish minimum fees that reflect the level of rating of the official as well as the type and level of

[3] As of June 1, 1975, National volleyball ratings can be awarded only by the National Volleyball Rating Team. Interested applicants should contact Marty Orner, Fullerton College, 321 E. Chapman, Fullerton, CA 92634. Applicants must (1) be recommended by their local board, (2) have held a state, national, or honorary national rating for two years, and (3) score a minimum of 88 on the national theoretical examination. Comparable procedures will apply to basketball commencing June 1, 1976.

[3] Based on the NAGWS position advocating equal opportunity for all individuals and equal pay for equal service, the Affiliated Boards of Officials Executive Council voted to delete recommended fee schedules (March, 1975). As fees received by various boards throughout the nation differ from one another and from other officiating associations, problems existed in recommending minimums that were fair and equitable for all.

competition within their locale. Boards are encouraged to establish fees in conjunction with local governing groups. The fee schedule should reflect differential pay based upon rating levels.

REGISTRATION OF OFFICIALS

A number of states require those who officiate either boys' or girls' interscholastic contests to be registered with the State High School Athletic Association or other administrative body. Holding a NAGWS rating ordinarily does not exempt an official from complying with this regulation.

All NAGWS officials who officiate any high school or junior high school games are urged to cooperate fully with their state regulatory body by registering with the proper organization and paying any required fee, by wearing the official emblem in addition to the NAGWS emblem, and by complying with all requirements for sports officials.

AMATEUR STANDING OF OFFICIALS[4]

An official who wishes to maintain amateur status as a participant in a sport must be aware of the ruling(s) on amateur status established by the governing body for that sport.

Amateur status may be defined by groups governing high school and college level competition. National organizations governing amateur competition may also have established rulings on the amateur status of the participant.

The official who wishes to maintain amateur status as a participant is responsible for investigating the specific regulations of the governing body which has jurisdiction over such eligibility.

Amateur Standing in Basketball, Track and Field, and Swimming and Diving

According to the Amateur Athletic Union, which has jurisdiction over amateur basketball, track and field, and swimming, any individual receiving compensation for officiating in any sport renders that individual ineligible for further amateur competition.

An official, without jeopardizing amateur standing, may request, receive, or accept expenses in connection with participation in any event which shall not exceed (a) actual expenditures for travel (eight cents per mile or first class public transportation fare) and (b) actual expenditures for maintenance up to a non-itemized total of $10 per day.

[4] For more complete details, see *JOPHER* 39:24-27, October 1968.

Amateur Standing in Softball

The Amateur Softball Association has taken the position that umpires who officiate softball games and are paid for their services do not professionalize themselves and are thereby eligible to participate in ASA competition.

Amateur Standing in Volleyball

According to the United States Volleyball Association, volleyball officials may get only transportation, meals, and lodging and may receive no honorarium if they wish to retain their amateur standing.

HOW TO BECOME A RATED OFFICIAL

1. Study the rules, the article on the techniques of officiating, and the study questions.
2. Attend interpretations meetings and officiating clinics or training courses conducted in your vicinity.
3. Practice often. To some, officiating comes easily; to others it comes only as the result of hard work and concentration. Welcome criticism and work hard to improve.
4. Find out from the chairperson of the nearest affiliated or provisional board when examinations for ratings are to be held. (Consult list of boards in NAGWS Directory available from NAGWS/AAHPER, 1201 Sixteenth St., N.W., Washington, DC 20036).
5. Contact the chairperson of the nearest affiliated or provisional board for materials necessary to give intramural ratings.
6. Remember that it is the aim of the Affiliated Boards of Officials to maintain a high standard for National officials. Do not be discouraged if you do not receive a State rating on your first attempt. Welcome suggestions from the examiners, practice more, and try again.

INFORMATION FOR AFFILIATED AND PROVISIONAL BOARDS

An *affiliated* board is authorized to give ratings at all levels in that sport.

A *provisional* board is a board which has at least three Apprentice officials in a given sport; it is authorized to give ratings at the Intramural and Apprentice levels in that sport.

Exceptions: When rating films are used as a medium for the practical rating (synchronized swimming and gymnastics), boards may award ratings at any level.

An Officiating Board may have *affiliated* status in one or more sports and/or *provisional* status in one or more sports. When a Board has *affiliated* or *provisional* status in a sport and wishes to have affiliated and/or provisional status in another sport, that board should write the Examinations and Rating (E.&R.) chairperson of the respective sport. The board should indicate the names of a minimum of three persons qualified to act as examiners in that sport for the next two years. Qualifications and experience in the sport should be listed for each examiner.

NOTE: For basketball and volleyball an examining committee of three persons holding State, National, Honorary National or Examiner's ratings is required. No specific number of rated officials is needed to initiate ratings in Badminton, Gymnastics, Softball, Swimming, Synchronized Swimming, Tennis, and Track and Field.

If after two years, a board does not have three State officials in a sport, the board loses its affiliated status for giving ratings in that sport. (Exceptions: gymnastics and synchronized swimming.) The board may then request provisional status in that sport from the E.&R. Sports chairperson. If granted, the board may continue to exist with provisional status and award only Apprentice and Intramural ratings. To continue as a provisional board after two years the board must have a minimum of three officials with at least an Apprentice rating in each sport concerned.

Examination packets are mailed to qualified boards on:

August 1 – Volleyball and Basketball
September 15 – Competitive Swimming and Diving, Badminton, Tennis
October 1 – Fencing
October 15 – Synchronized Swimming, Gymnastics
February 1 – Softball and Track and Field

Emblem and Uniform

The emblem for National officials in all sports consists of a shield. Other emblems are available for State, Local, Apprentice, and Intramural officials.

The official shirt for badminton, basketball, fencing, competitive swimming, tennis, track and field, and volleyball is a navy blue and white striped tailored shirt or a navy blue and white striped jersey. The shirt for softball shall be powder blue. A navy blue skirt, shorts or slacks appropriate for the activity should be worn with the shirt. In badminton, fencing, competitive swimming and diving, and tennis white may be substituted for the navy blue. Officials who receive fees for officiating are required to wear the official shirt. Gymnastic

officials should wear a skirt and blouse with blue jacket or blazer, or a dress or pants suit may be worn. The official uniform for synchronized swimming is all white.

The official shirts and emblems are available from the Hanold Company, Sebago Lake, Maine 04075. The company can also provide blazers. When ordering, send dress size and check or money order for correct amount. Anyone may order the official shirt. A current rating card must accompany an individual's order for an emblem; however, it is not necessary to send a rating card when ordering a shirt.

An affiliated board may wish to have a supply of shirts or emblems for distribution to newly rated officials. A quantity order may be placed *only* by the affiliated board chairperson. It is not necessary that the chairperson's rating card be enclosed, but full payment must accompany the order.

Prices: Wash-and-wear shirt, $7.00; knit jersey with zipper neck, $10.50; navy flannel blazer, $35.00; National, State, Local, Apprentice, and Intramural emblems, $1.75. (All prices are subject to change.)

Shipping Charge: 75 cents per order.

HOW TO ESTABLISH A BOARD OF OFFICIALS

1. Establish the need for an affiliated board by contacting individuals in the area who have current ratings or who are interested in standardizing and raising the level of officiating badminton, basketball, competitive swimming, fencing, gymnastics, softball, synchronized swimming, tennis, track and field, or volleyball in that area.
2. Write to Jan Boyungs, Secretary of the NAGWS Affiliated Boards of Officials, Central Washington State College, Ellensburg, WA 98926, for a sample copy of an authorized constitution for officials' boards and the *Policies and Procedures Handbook* and application for becoming an affiliated board.
3. At a designated meeting of interested individuals present plans for forming a board.
   a. Choose a name which will permit expansion of function as need may arise; do not limit title to one sport.
   b. From the group, elect a chairperson, chairperson-elect, secretary, and treasurer.
   c. Form an examining committee of at least three members. If any member has been rated elsewhere, such experience should be helpful; such a rating is not necessary, however, except in basketball and volleyball. (See 4 below.) It is suggested that members of the examining committee be

examined and obtain ratings from other affiliated boards whenever possible.

d. Make plans for drawing up a constitution according to the sample copy received from the Secretary of the NAGWS Affiliated Boards of Officials. Plan to devote some time to the study of the rules and to practice officiating. If possible, secure the assistance of some rated official in each sport for which the Board anticipates giving ratings.

4. Send the completed application form, two copies of the local constitution, and a check for $5 annual dues (made payable to the NAGWS Affiliated Boards of Officials) to the appropriate person indicated by the Secretary. If *basketball or volleyball* ratings are to be given, an affiliated board must send a list of three persons holding a State, National, Honorary National, or Examiner rating, and a provisional board must send a list of three persons, one of whom must hold at least a State rating. (Include photostatic copies of current rating cards.) A list of three interested individuals must be sent if the board wishes to give ratings in sports other than basketball or volleyball. If, at the end of two years, a board wishes continued affiliated status in any sport, it will be required to have a minimum of three persons with State, National, Honorary National, or Examiner ratings. (Exception: Gymnastics and Synchronized Swimming.) For continued provisional status, a board will be required to have a minimum of three officials with at least an Apprentice rating. Approval of the application will come from the Past Chairperson of the Affiliated Boards of Officials who will request that examination packets be sent to your Affiliated Board Chairperson for all sports in which your Board is authorized to give ratings. The process of accepting an application for affiliation of a new Board and of requesting that the proper examination packets be sent ordinarily takes several weeks. Prospective Boards, therefore, should file for affiliation at least a month before they wish to hold rating sessions.
5. Administer Form A of the National Theoretical Examination. Form B of the National Theoretical Examination may be administered to those who did not pass Form A. The Intramural Examination may only be given to those candidates pursuing Intramural or Apprentice ratings. Once the Intramural Examination has been administered, the candidate forfeits the option to take either Form A or Form B.
6. To cover expenses involved in the construction and evaluation of written examinations, boards should charge a fee each time an individual takes a written examination. The Affiliated Boards of Officials Treasurer must receive 50 cents for each written

examination given by a board. Board fees can exceed 50 cents per test in order to cover operating expenses.

7. Conduct practice sessions in rating officials. All persons on the examining committee who have not previously rated officials should have a minimum of three practice sessions prior to actually rating. Secure the assistance of a rated official in these practice sessions if at all possible.
8. Give practical examinations to individuals who pass the written examination. (Note minimum number of raters required to give various ratings on page 51.)
9. Request appropriate rating cards from the NAGWS National Office for distribution to those who pass the theoretical and practical examination.
10. Send lists of approved officials to schools and other organizations in the area. This notice should indicate the fees for officiating and should give the name, address, rating, and telephone number of each official.
11. Keep accurate lists of all persons receiving ratings. Forward these lists to the chairpersons of the Examinations and Ratings Committees in those sports in which your Board was authorized to give ratings.

Basketball Study Questions on Official Rules 1975-1976

Revised by the Basketball Examinations and Ratings Committee

PART I

Directions

Below is a list of 10 decisions which officials may make on plays occurring during the game. Read each statement, decide on the proper decision from the ten listed, and write the answer on a separate piece of paper. For example, if the question describes a legal action, the answer is L; if it describes a "hold whistle" situation, the answer is HW; if it results in a free throw, the answer is F_1, F_2, TF, or RFT.

There is only one best answer, and it should be the decision made on the situation as it is described with no intervening play. Assume that no conditions exist other than those stated in the question.

Code

F_1 - Personal foul, one free throw
F_2 - Personal foul or fouls, two free throws
FOB - Personal foul, ball taken out-of-bounds
FB - Bonus situation free throw
RFT - Repeat the free throw
TF - Technical foul
L - Legal; ball continues in play
JB - Jump ball or tie ball
V - Violation; ball put in play from out-of-bounds
HW - Hold the whistle. A violation has occurred but should not be called until the play develops further.

Sample Question: An offensive player pushes an opponent. Her team has committed three personal fouls.
Answer: FOB

Questions

1. A Blue player, in an attempt to make a long shot, throws the ball over the backboard and hits the backside of the board.
2. The Red team has the ball out-of-bounds with four feet of out-of-bounds space. A Blue player, in guarding the player with the ball reaches over the boundary line. A Blue player intercepts the pass.
3. In a gymnasium with only two feet of out-of-bounds space, a player with the ball loses her balance and pushes her hand against the wall for support. Her feet remain inbounds.
4. In attempting to avoid a defensive player, a Red player without the ball runs out-of-bounds, comes back on the court four feet farther down and receives a pass from a teammate.
5. A technical foul is called on the Red team. The Blue team makes a substitution before the free throw is administered. The basket is made, but before it is thrown in at midcourt, the official realizes that the Blue substitute took the free throw.
6. A Blue player is injured when fouled and must leave the game. Due to a lack of any substitutes, a Blue player, already in the game, takes the free throw.
7. During a free throw by her opponent, the Red player nearest the basket moves around, but stays 4 feet from the lane line. The basket is missed.
8. A Blue player and a Red player extend their arms into each other's lane space during a free throw by Blue. The basket is made.
9. During a free throw by a Red player, a follower of the Blue team throws a soft drink can for the second time and hits the ball. The basket is made.
10. After a Blue player taps the ball on a center jump, she steps over the center line and taps the ball a second time, using both hands.
11. Before the ball is tapped, after being tossed on a jump ball, a Blue player extends her arm in front of a Red player, and then catches the tapped ball.
12. As the official steps up to the jumpers to toss the ball, a Red player crosses through the restraining circle.
13. During a jump ball in the center restraining circle, two opposing players foul each other.

14. In the first minute of play, a Red player pulls her Blue opponent off balance as she takes a tie ball away from her. The Red player turns and passes to a teammate.

15. With neither team in bonus, the Red team scores a basket. As the ball drops through the basket, a Red player catches the ball, dribbles to the free throw line, and passes it to an opponent.

16. A Blue player raises her fist in the air in a defiant way as the official calls her color and number for a foul.

17. A Blue player, who left the game just before the end of the first quarter, reenters the game at the start of the second quarter. She reported to the scorer, but failed to report to an official before play started.

18. With neither team in bonus, a Red player is hit on the arm as she gets the ball waist high on the start of a throw for a field goal, the shot is missed.

19. A player fumbles the ball as she attempts to receive a pass, catches the ball after it bounces, fakes and dribbles around her opponent.

20. A player starts a dribble, using alternate hands to give impetus to the ball three times; on the fourth impetus, she fumbles and then picks up the ball.

21. A team calls a sixth time out during the last minute of play.

22. Blue makes a field goal. While Red is stepping behind the endline, the Blue captain asks the official for time-out.

23. An offensive player jumps for a rebound while the ball is rolling on the rim. Her hand accidentally touches the net. The basket is missed.

24. A Red player recovers the rebound after a field goal attempt by Blue. As Red throws the ball to a teammate, it hits an official who is on the court. A Blue player picks up the ball, dribbles, shoots and scores.

25. A player uses a two-step stop as she receives a pass. She then uses her second foot to hit the floor as her pivot foot.

26. A player is pivoting to avoid her opponent; she drags her pivot foot as she carries the ball forward to begin her dribble.

27. A player is closely guarded in a corner of her backcourt. She pivots and fakes, but after six seconds, is unable to dribble or pass.

28. An offensive player passes to a teammate who has been standing in the lane for two seconds; the receiver holds the ball for two more seconds and then shoots for a goal.

29. In an attempt to keep the ball from going out of bounds, a Red player deflects the ball with her foot, hitting it to a teammate who picks it up and dribbles toward the basket.

30. Both teams are in bonus. A Red player shifts her established path as a screener to prevent an opponent from reaching the Red dribbler. The Blue guard contacts the Red screener.

PART II

Directions

Read all questions carefully. Select the ONE item which *best answers* the question. Place the letter of that item on a separate sheet of paper.

Sample Question: 2. How many players are there on a basketball team?

A. Five C. Seven
B. Six D. Eight

31. Play ceases immediately, even without an official's whistle, on which of the following occasions?
   A. The substitution horn sounds during play.
   B. The timer's horn sounds during play.
   C. Coach calls out for team time out while her team is dribbling the ball.
   D. An extra ball rolls out onto the court during play.

32. In an attempt to keep the ball from going out of bounds, a Red player redirects the ball by intentionally throwing it at the feet of a Blue player who is in bounds. The ball bounces off the foot of the Blue player and goes over the endline. What is the correct procedure?
   A. Blue is awarded the ball at the spot where the ball went out-of-bounds.
   B. Red is awarded the ball at the spot where the ball went out-of-bounds.
   C. Blue is awarded the ball at the sideline.
   D. Red is awarded the ball at the sideline.

33. A player, making a throw-in from the endline under the basket, hits the back of the backboard and the ball rebounds into the court. What should be the official's decision?

A. Ball continues in play.
B. Ball is awarded to opponents out-of-bounds at the endline.
C. Ball is awarded to same player and play is repeated.
D. Ball is awarded to opponents out-of-bounds at the sideline.

34. Which of the following is correct procedure for lining up during a free throw?
A. Two defensive players must occupy the lane positions nearest the basket.
B. Teams alternate lane spaces nearest the basket, the defensive team having its choice.
C. At least two players from each team must line up at each lane line.
D. Three players from the defensive team may line up on one side if the offensive team does not use this space.

35. A foul occurs during an intermission but is not discovered until after the ball is in play following the center jump. What procedure should be followed?
A. Wait until next dead ball to give free throw.
B. Call foul and administer free throw. Ball put in play from mid-court whether made or missed.
C. Call foul and administer free throw. Ball in play if missed.
D. Call foul and administer free throw. Play resumes with a center jump.

36. In which of the following jump ball situations is a violation called on a Blue jumper who steps on the line before the ball is tapped?
A. A Red player touches the ball first, then a Blue player controls it.
B. A Blue player touches the ball first, then a Red player controls it.
C. The Red jumper taps the ball twice and a Red player gains control.
D. The Red jumper controls the ball following a bounce.

37. A Blue player is driving in for a lay up. A Red player intentionally fouls the Blue player as she shoots. The basket is made and counts. What should the official's decision be?
A. Award one free throw to Blue player. Ball in play after free throw.
B. Award two free throws to Blue player. Ball put in play by Blue out-of-bounds at the division line.
C. Bonus free throw situation for Blue. Ball in play if missed, shoots a second if made.
D. Award two free throws to Blue. Ball in play after second.

38. In an overtime period, with both teams in bonus, a Red player is closely guarded by two Blue players. As she attempts to go between them she pushes both players. What is the correct procedure?
    A. Both Blue players blocking; Red player awarded free throws.
    B. Red player charged with two offensive fouls; Blue awarded ball out of bounds.
    C. Red player charging; credited with one foul, one Blue player given two free throws.
    D. Red player charging; credited with two fouls, both Blue players awarded a bonus free throw.

39. With both teams in bonus, the official in charge of the game calls charging on a Blue player; at the same time, the other official calls holding on a Red player who was away from play around the ball at the time of the charging call. What should occur?
    A. No free throws awarded and a jump ball taken.
    B. One free throw awarded to each player fouled and a jump ball taken.
    C. A bonus free throw awarded to each player fouled and a jump ball taken.
    D. A bonus free throw awarded to each player and ball in play following the last throw.

40. In which situation should the scorer immediately notify the officials?
    A. When there is disagreement concerning the record in the scorebook.
    B. When a coach requests a time out.
    C. When a player commits her fifth foul during the game.
    D. When a substitute wishes to enter the game.

41. As a player executes a successful field goal it is discovered that she has 5 fouls. What is the official's decision?
    A. Player disqualified; score stands.
    B. Player disqualified; score canceled.
    C. Technical foul; player disqualified; score stands.
    D. Technical foul; player disqualified; score canceled.

42. In which of the following dead ball situations does the clock continue to run?
    A. Following a successful free throw.
    B. Following a field goal.
    C. On an out-of-bounds play.
    D. Following a traveling violation.

43. Which of the following is a specific duty of the referee?
    A. Indicate field goals.
    B. Declare the game defaulted.
    C. Disqualify a player
    D. Recognize substitutes.

44. When should the official sound her whistle?
    A. When a defensive player requests time-out when the ball is in play.
    B. When a player enters the restraining circle on a jump ball.
    C. When a ball goes out-of-bounds.
    D. Whan a ball hits an official who is inbounds.

45. What signals should an official use to indicate a blocking foul?
    A. Extend one arm overhead, the other arm toward offender, and then place both hands on hips.
    B. Extend one arm overhead, and then extend arms in front of body.
    C. Extend one arm overhead, other arm to the side and then grasp wrist of extended arm.
    D. Extend one arm overhead and the other arm toward the offender.

46. In which of the following situations does the official not handle the ball?
    A. Following a successful free throw.
    B. Following in-court violations.
    C. Following all out-of-bounds violations.
    D. Following a free throw violation.

47. A double foul is called. Before the jump ball, a foul for disrespect to an official is called against a Blue player. How is the ball put in play after a missed free throw by Red?
    A. Jump ball in the center restraining circle.
    B. Jump ball in nearest restraining circle.
    C. Ball continues in play.
    D. Out-of-bounds at the division line by Red.

48. The coach of the Blue team argues strenuously with an official regarding a foul called against one of her players. What action should the official take?
    A. Warn the coach for the first infraction.
    B. Warn the coach and award a free throw to Red for the second infraction.
    C. Warn the coach, award a free throw to Red for the second infraction, and instruct the coach to leave the gymnasium on the third infraction.

D. Award a free throw on the first and second infractions, award a free throw on the third infraction and instruct coach to leave the gymnasium.

49. In which of the following situations is there a 30-second violation?
    A. The Red team has controlled the ball for 20 seconds and calls time out; when play resumes, they shoot in 11 seconds.
    B. The Red team has controlled the ball for 20 seconds and the Blue team ties it up. Following the jump ball, the Red team gains possession and shoots in 11 seconds.
    C. The Red team has controlled the ball for 20 seconds. A Blue player intercepts a pass, and her pass is in turn intercepted. This Red player shoots in 11 seconds.
    D. The officials judge the ball to have left the shooter's hand simultaneously with the 30-second horn.

50. When should the timer stop the clock for a substitution?
    A. As soon as any goal is made.
    B. Simultaneously with the horn to notify officials of the substitute.
    C. As soon as she sees an injury on the court.
    D. As soon as the official recognizes the horn with her whistle.

ANSWERS AND RULE REFERENCES

PART I

	Answer	*Rule References*
1.	V	9, 27
2.	V	9, 29; 9, 31j; Tech. of Off., Gen'l Sugg. lc
3.	V	9, 26a; 9, 30
4.	V	9, 31d; 9, 26b
5.	L	12, 37 Penalty (1)
6.	L	13, 40a
7.	L	13, 40c(1)
8.	JB	7, 20b (3); 13, 45c (5) Penalty 3
9.	RFT	13,43
10.	L	7, 20c (3) (5); 7, 22 QA
11.	V	Tech. of Off; Jump Ball 7; Tech. Gen'l Sugg. 1, a; 7, 22h
12.	HW	Tech. of Off., Jump Ball 7; 7, 20c (3); 7, 22g
13.	JB	12,38 Double personal foul; 7, 20a (2)
14.	L	Not prohibited in Rule 12
15.	TF	12, 37a (4)
16.	TF	12, 37a (5)
17.	L	5, 16
18.	F_2	12, 36c; 12 penalty 36 (4) (a); Act of shooting
19.	L	4, Dribble, b
20.	V	8, 25c (2)
21.	TF	12, 37b (3); 3, 12e (4)
22.	L	3, 12a, c
23.	L	4, Goaltending
24.	L	8, 23q
25.	V	8, 23m, QA 2; 8, 25g
26.	L	8, 23n, o
27.	JB	7, 20b (2); 4, Held Ball
28.	L	10, QA 1a
29.	V	8, 25a
30.	FOB	12, 35f; 12, 36a (3); 12, penalty 36 (1) (b)

PART II

	Answer	*Rule References*
31.	B	2, 8a (2) (5)
32.	B	9, 27; 9, 28a; 9, 29
33.	B	9, 27; 9, 28a (1); 9, 31a
34.	D	13, 40c (1)
35.	C	12, 38; Tech. of Off; Foul During Inter. 6

36.	A	7, 22b; Tech. of Off; Jump Ball 6
37.	D	12, 35d; 12, 36 penalty (4) (b)
38.	B	12, 36b; 12, 35f; 12, 36 penalty (1) (b)
39.	A	Tech. of Off., Double Foul 2; 12, 35b; 12, 38
40.	C	2, 7d, f, g, h
41.	A	2, 7d, k, QA
42.	B	2, 8a (2); 4, Dead Ball
43.	B	Tech. of Off; Official in Charge of Game 2; 2, 5d; 2, 6f, h, 1
44.	C	Tech. of Off; Out of Bounds 1
45.	A	Tech. of Off; Gen'l Sugg. Signals; Signals on back of book
46.	A	Tech. of Off; Out of Bounds 2
47.	D	12, 37a (1), penalty 1
48.	D	12, 37b (4), penalty 2
49.	A	2, 8c (3) (a); 11, 33
50.	D	2, 8a (2) QA

Inquiries concerning these study questions or theoretical examination questions should be directed to:

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Pleasant Dale, Nebraska 68423

SUMMARY OF CHANGES IN THE TECHNIQUES OF OFFICIATING BASKETBALL 1975-76

Few changes have been made in the techniques for the 1975-76 rules. The coverage of the court as far as "on the ball" and "off the ball" has been altered somewhat. It is important that officials make an effort to *move* to see the play whether "on" or "off" the ball. The officiating team should make an effort to "surround" the play whether it be during play or administering an out-of-bounds. To assure proper positioning and readiness before putting the ball in play from out-of-bounds, the administering official should check with the other official to see that the latter is in position and ready by making eye contact.

The rules committee still expressed the desire for officials to exercise a certain amount of "preventive officiating." As they have stated in the rules: "An official may sometimes prevent a foul by warning players when they are about to make some minor infraction such as stepping off the court to get a drink of water, or failing to report to the official when substituting during a time out. It is good judgement for the official to forestall minor technical infractions."

During a team time out the official not responsible for putting the ball in play should be positioned near the scorers' table to beckon in substitutes. The official putting the ball in play should retain possession of the ball at the spot where it is to be put in play.

COMMENTS ON TECHNIQUES

The terms "leading official" (L.O.) and "trailing official" (T.O.) refer to an official's *floor position* in relation to the ball. The *responsibilities* of either official are designated by the terms "on the ball" and "off the ball."

Sections which have been reworded are designated by a check (√). Changes in techniques have been indicated by shading.

TECHNIQUES OF OFFICIATING BASKETBALL

Revised by the PRINCIPLES AND TECHNIQUES OF OFFICIATING COMMITTEE

General Procedures

1. Officials should be sure of date, time and place when accepting a game.
2. If unable to keep appointment, notify team at least 24 hours in advance. If less than 24 hours' notice is given because of an emergency, a substitute should be secured when requested by the team.
3. It is considered unethical to give up a game in order to officiate some other game to one's liking.
4. Wear an appropriate skirt, blouse and rubber-soled shoes. For the official costume, if you are accepting a fee for the game, see section on Emblem and Uniform in Standards for Officials Ratings. (Shorts or slacks are *not* acceptable.)
5. Confer with the other official on allocation of duties and essential techniques. Review division of court, signals to be used, interpretation of difficult rules, and any other matters which will enable you to work together more smoothly.
6. Arrive on playing court 15 to 20 minutes before game time.
7. Introduce yourself to the coaches.

Before Starting Game

1. See that the table for scorers and timers is at least three feet back from the sideline opposite the center circle.
2. Inspect the playing court, boundaries, and equipment to ensure safe playing conditions.
3. Ask about local ground rules and which lines designate the basketball court.
4. If the teams are playing on a neutral court, confer with both captains and designate, by the toss of a coin, the home and visiting teams.
5 Confer with the coach of the home team to determine which official is to be the referee.
6. Make certain that the scorers and timers know their duties (Rule 2, Sects. 7 and 8; Rule 5).
7. Ask the official scorer to record the score in the official scorebook. Ask the official timer to use one timing device for actual playing time and the assistant timer to use a second timing device for timing time-out. If an electric clock is to be used, it should be checked before the game and operated by an

experienced person. Ask the 30-second clock operator to have a separate timing device and review the use of the 30-second clock.

8. Explain to the scorers and timers the signals to be used. (See back cover.)

Official in Charge of Game

1. Start each period as the referee on the side of the court, opposite the timers and scorers.
2. Declare a game a default or cancel it when necessary.
3. Determine if ball to be used meets the specifications stated in Rule 1, Section 4. If it is a used ball, the team whose ball is not chosen may use it for practice ball.
4. Upon arrival ask the visiting captain to choose basket.
5. Remind captains that names and numbers of all players are to be handed to scorers in time to be listed in the scorebook 10 minutes prior to game time.
6. Bring home captain to center of floor at least five minutes before game time. Other official shall bring visiting captain to center of floor. Introduce captains to each other and to officials.
7. Answer any questions and explain signals and ground rules.
8. Notify or instruct the official timer to notify each team at least 3 minutes before each half is scheduled to begin.
9. Check the scorebook 10 minutes before the game is scheduled to begin to see that names and numbers of all players are listed and check 3 minutes before game time to see that the starting lineup is indicated.
10. Warn the offending team prior to game time if players are listed with duplicate numbers or do not have numbers on the front and back of their shirts.
11. Check the scorebook and the scoreboard at the end of each playing period. Indicate the close of every quarter by recrossing the last score in the running score. Announce the score when no visual scoring device is in use, or when otherwise necessary.

Position on Court

1. The official in charge of the game shall begin the game on the side of the court opposite the timers and scorers and is designated the referee.
2. The other official shall be positioned on the same side of the court as the timers and scorers and is designated the umpire.
3. Each official is *primarily* responsible for the nearest sideline and the endline to the official's right.

4. The terms leading and trailing official refer to an official's position on the court in relation to the ball. The leading official should be even with or ahead of the ball. The trailing official is behind the ball. Generally, an official leads to right and trails to left. An official's position on the court does *not* necessarily determine that official's responsibility for the play "on" or "off" the ball. The solid line indicates the usual path of the leading official (L.O.). The broken line indicates the usual path of the trailing official (T.O.). (See Figure 1.)

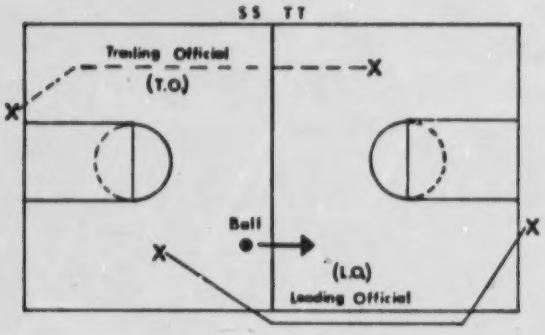

Figure 1

5. When administering out of bounds balls as the trailing official, the proper position is on the side of the player throwing the ball in bounds which is nearest the opponent's goal. In order for the officials not to be on the same side of the court the leading official takes a position on the opposite side of the court until the movement of the ball enables that official to adjust to the leading to the right position. (See Figure 2.)
6. In the front court when the ball is put in play on the side line the trailing official should administer the out-of-bounds and the leading official should be on the end line on the opposite side of the free throw lane.
7. The leading official must be as far down the court as the deepest offensive player when there is a pressing situation.
8. When administering out of bounds balls, the administering official should see that the other official is in proper position and establish eye contact before putting the ball in play.

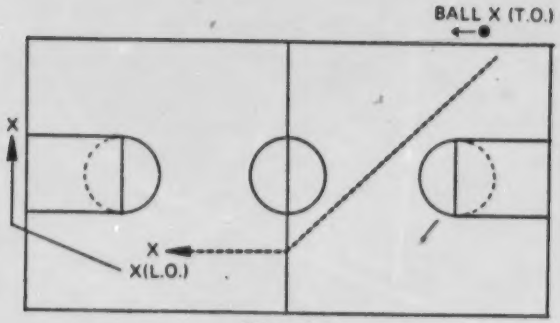

Figure 2.

√9. When in a leading to the left situation, the leading official initiates the change to a normal leading to the right position when the opportunity presents itself during play.

Leading Official's Responsibilities

1. The leading official (L.O.) is usually "on the ball" when the play on the ball is in the shaded area of the floor (Figure 3). The leading official calls all fouls and violations which occur "on the ball" or around the ball.

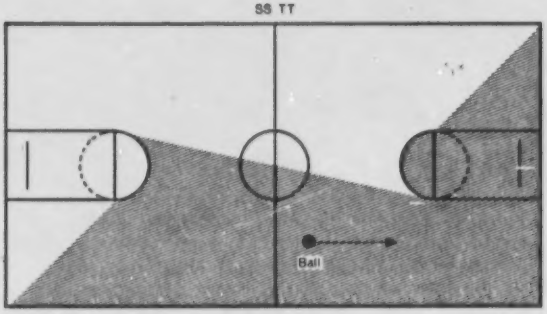

Figure 3.

√2. When the ball moves into the nonshaded area, the leading official becomes primarily responsible for fouls and violations "off the ball," including possible three-second lane violations. Thus, it is possible for the leading official to be "off the ball" when positioned under the basket. The leading official should also be responsible for out of bounds violations and line violations on the nearest end line.

Trailing Official's Responsibilities

√1. The trailing official (T.O.) is usually "off the ball" when the ball is in the leading official's (L.O.) area. The trailing official moves down the court behind the ball to a position 10 to 15 feet beyond the center line. The trailing official should move into the court far enough to avoid blocking the view of the scorers and timers and allowing view of the play from the best possible angle, thus the trailing official needs to move as the play moves on that side of the court.

2. The trailing official is primarily responsible for the flight of the ball on a try for a field goal.

√3. The trailing official should watch for three-second lane violations and fouls which occur as players move for position when the trailing official is "off the ball."

4. The trailing official is primarily responsible for watching the play on the ball as it is being advanced from the back court to the front court, unless it advances up the court along the leading official's sideline. The leading official would then assume the responsibility of watching the play on the ball.

Shared Responsibilities

1. When the ball moves into the free throw lane, the officials share the responsibility for fouls and violations. This does not imply that fouls and violations off the ball should be ignored; all fouls and violations should be called when they occur. Rather it implies that when the ball is in this area, most of the players are actively involved and the efforts of both officials are needed. However, the attention of the officials should be divided between "on" and "off" the ball.

2. When a press occurs, either full court or center court, both officials should be actively involved and watch for fouls. Hacking and holding fouls are prevalent in this situation. Call them closely.

√3. Both officials should keep moving so that they have a clear view of the play at all times. Officials should rarely be directly opposite each other or on the same side as play moves up and down the court. Officials should surround the play on out-of-bounds situations as well as during play.

4. Neither official is limited to calling fouls or violations within the official's area. The official should call fouls and violations outside that official's area when certain that the other official cannot see them.

Starting the Game

1. The referee shall start each playing period with a jump ball in the center circle.
2. Before tossing the ball, the referee should be certain that the team captains and the umpire are ready. The umpire should check with the timers and scorers to be certain they are ready. After receiving acknowledgment from each, the referee tosses the ball.

Field Goal

1. The trailing official is primarily responsible for the flight of the ball on an attempt for a goal.
2. Both officials give the signal for the goal.
3. The trailing official should note the number of the player who made the goal and inform the scorer, if necessary.

Out-of-Bounds and Throw-in

1. The whistle shall be blown on all out-of-bounds plays except following a field goal *or a successful free throw*.
2. Prime responsibility for a ball out of bounds is with the official whose sideline or endline the ball has crossed. The official should blow the whistle, indicate time-out, no foul, name the team entitled to the ball and at the same time indicate, with a horizontal motion of one arm and hand fully extended, the direction of the goal of that team, and designate the throw-in spot. The official must handle all out of bounds balls except after a field goal or a successful free throw when the official should not handle the ball. Before administering an out-of-bounds ball, the official should make certain that the other official is in position and establish eye contact. Neither team should be placed at a disadvantage by a quick or hurried administration.
3. If the wrong team plays the ball from out of bounds, the official should blow the whistle and award the ball to the other team.
4. The official should see that the ball is put in play from the designated spot.
5. After a goal has been made, the leading official should see that neither team attempts to delay the process of putting the ball in play from the endline.
6. The official should hold the whistle on a throw-in from out of bounds violation (see Rule 9, Sect. 31, j, k) to see that no advantage is gained by the team committing the violation.

√7. No out-of-bounds is to be administered between the free throw lane lines extended for fouls or violations.

Violations

1. Blow whistle, indicate time-out, no foul, name violation, and give proper signal. For example, say, "Traveling, Blue out," and at the same time rotate hands and indicate which team is to take the ball out of bounds by a horizontal sweeping of one arm and hand fully extended in direction of the goal of that team. The ball must be handled by the official who must also designate the spot for the throw-in.
2. See that the ball is put in play out of bounds at the *nearest* spot where the violation occurred. (Except as provided for in Rule 9, Sect. 28, b.)
3. When calling the three-second lane violation and holding-the-ball violations, count seconds silently by saying, "One thousand one, one thousand two, one thousand three," etc.
4. The official "off the ball" watches for the three-second lane violation. The lane violation does not apply during a jump ball, or after the ball has been released for a try for basket and the following rebound play. If an offensive player in the lane receives the ball within three seconds, that player has three additional seconds to shoot or leave the lane.

Jump Balls

1. Call tie balls when they occur, giving signal for jump ball by raising both hands overhead.
2. The official opposite the scorers and timers tosses all jump balls. The other official takes a position between the sideline and the players who are jumping.
3. The official tossing the ball watches for fouls and violations by the jumpers. After the ball is tossed, the official should hold

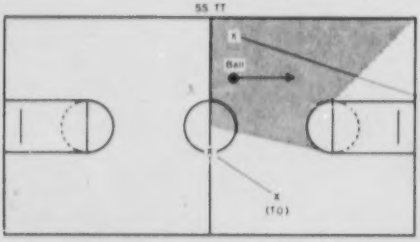

Figure 4. (Leading to the left) Note that the normal floor division as seen in Figure 3 simply reverses for this situation until it is possible to resume leading to the right.

position until the play has left the immediate area. The official should usually then move quickly into a trailing official position on the *official's side of the court* and initially be concerned with play "off the ball" (Figure 4).

4. The official not tossing the ball *initially* watches for restraining circle violations and fouls by *both the jumpers* and nonjumpers and moves quickly in the direction the ball progresses. This official becomes the *leading official* and is "on the ball" after the ball is tapped, regardless of whether the ball moves to right or left (Figure 4). The official remains on the *official's side of the court* until the movement of the ball enables adjustment to the normal position of leading to the right, or when the clock is stopped for a violation, jump ball, or foul the official would regain the normal position.

√5. There will be occasions when the non-tossing official elects to move along the endline, past the basket, and to the other side of the court (a leading to the right position). When this occurs, the official who tossed the ball must adjust the floor position by crossing the floor (Figure 5). This occurs when the ball moves to the left after the jump. In all situations, the official tossing the ball must adjust to the floor position of the non-tossing official.

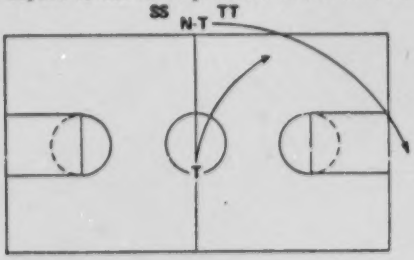

Figure 5

6. The whistle shall be held for violations of Rule 7, Sect. 22, a, b., g., and h. After the jump, no violation is called if the ball is *controlled* first by an opponent of the player who committed the violation.

7. The official tossing the ball shall hold position at the edge of the circle to allow the players to establish their positions around the restraining circle. The official is assumed ready to toss the ball at the time of stepping up to the jumpers to make the toss. It may be helpful for the tossing official to make a verbal statement when ready to toss the ball (e.g. "Ready" or "hold your positions").

Fouls and Free Throws

1. Blow whistle and indicate time-out foul, by raising either arm above the head with fist clenched and the other arm and hand, *palm down*, fully extended pointing to the offender. Move toward the scorer's table giving the number of the offending player by the appropriate visual signals with the fingers of one or both hands. Follow with the signal best designating the foul; for example, the signal for blocking is hands on hips. At the same time verbally give the color of the offending team, number of the player, and name of the foul; for example, "Blue 14 blocking." Be sure both oral and visual signals are clear to the scorers and timers. Note the player who was fouled, since this player must take the free throw. The official not calling the foul secures the ball, observes the players and proceeds to the proper position for resuming play. **This official should also check to see that the player who fouled raised a hand.**
2. The officials change sides of the floor and, consequently, change duties before each free throw administration (except after a double foul). After the officials change sides of the floor, the trailing official administers the free throw, and the leading official moves to a position at the endline.
3. The trailing official checks to see that the players desiring to line up along the lane may do so and informs them as to the number of shots before handing the ball to the player taking the free throw. Give the signal for the number of free throws awarded with the arm nearer the scorer. If more than one free throw is to be taken, inform players that the ball is dead whether the free throw is made or missed. If only one free throw is to be taken, inform players that the ball is in play if the free throw is missed. The trailing official, after handing the ball to the player taking the free throw, begins the 10-second count. The trailing official *watches* for violations and fouls by the *player shooting* and by the *players on the right side of the lane*, and *follows the flight of the ball* (Figure 6). The trailing official thus determines whether or not the ball hits the rim and whether a point is scored.
4. The leading official takes the position normally taken at the end line when play is centered at the basket in that official's own area. *The leading official watches for fouls and violations on the players on the opposite lane line* and then for *fouls on the rebound plays.* The leading official should not stand directly under the basket but rather in a position which allows the best possible view of the play (Figure 6).
5. If the shot is made, the ball is put in play at the endline by an opponent of the player who took the free throw.

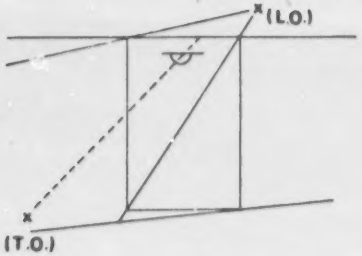

Figure 6

6. If the shot is missed on the last free throw, the officials resume their usual duties and positions, on and off the ball.
7. The whistle shall be held if a defensive player commits a violation during a free throw attempt to see that the free throw attempt is successful.
√8. The whistle is blown immediately if an offensive player commits a violation during a free throw or there is a double violation.
9. Non-Shooting Fouls
   a. The official making the call follows the normal procedure.
   b. The official not making the call follows the procedure outlined in #1, Fouls and Free Throws.
   √c. The officials change sides of the floor before administering the out-of-bounds ball at the nearest spot.
10. Shooting Fouls
   a. Bonus situation
      1) The official not administering the free throw holds the ball until the administering official communicates to the players lined up along the lane that the bonus rule is in effect.
      2) Their official then gives the ball to the administering official who places it at the disposal of the free throw shooter and steps to the normal free throw position giving the signal indicating the bonus is in effect.
   b. Intentional Fouls
      1) Follow normal procedure for calling the foul.
      2) Normal free throw procedures are to be followed and the ball is in play with the second free throw.
   c. Flagrant fouls
      1) Follow the normal procedure for calling a foul.

2) Before the free throws are administered the official who made the call must notify the scorers and the player of a disqualification.
3) The free throws are administered in the same manner as an unsportsmanlike conduct foul; i.e., after the second free throw the ball is awarded to the offended team out-of-bounds at mid-court. There is no line-up of players for the free throw.
4) During the free throws all players other than the shooter must be positioned behind the restraining circle of the basket at which the free throw is administered.

Technical Fouls

√1. On these fouls, the ball is dead whether the free throw is made or missed. The ball is put in play from out-of-bounds at the division line by the team fouled. There is no free throw line-up.
2. The ball may be put in play from either side of the floor at the division line. Should the team choose to put the ball in play on the leading official's sideline, the leading official then becomes the trailing official and the other official becomes the leading official, such as happens in some jump ball situations (Figure 4).
3. If this type of foul occurs during time-out for any other foul, the penalty shall be administered after the first foul. Therefore, play will resume at the division line with the ball in the possession of the team fouled.
4. During the free throws all players other than the shooter must be positioned behind the restraining circle of the basket at which the free throw is administered.

Double Foul

√1. Give the signal for a foul and indicate each offender. Officials need not change sides since no free throws are taken.
2. The ball is put in play at the center circle by a jump ball between any two opposing players.
3. If a foul or violation occurs between the time the double foul occurs and the jump ball is taken, the ball is still put in play by a jump ball in the center circle.
4. If a foul for unsportsmanlike behavior or disrespect occurs between the time the double foul occurs and the jump ball is taken, the foul shot should be taken and the ball put in play in the usual manner for such a foul – out of bounds at the division line by the team fouled.

Fouls Called at the End of Quarter, Half or Game

1. The official shall call the foul immediately, then count the timer's whistle with the official's own whistle to indicate end of quarter, half, or game.
2. The trailing official administers the free throw(s) at once. The ball is dead after each free throw.

Fouls Made During Intermissions or Before Game Starts

1. The official closer to the scorer's table should check with the scorer before the quarter starts to see if all substitutes have reported.
2. The official closer to the scorer's table tells the scorer to blow the horn if a substitute has not reported when the captains indicate to the official that they are ready to start play. (A substitute has until the captains respond to the official to report to the scorer.)
3. The official in charge of the game blows a whistle to indicate the end of the intermission and instructs both teams to take their positions on the court. The official asks, "Captains ready?" If the scorer blows the horn after the captains have signaled that they are ready to play, either official may call the foul(s).
4. When the foul(s) has been called, the officials administer the free throw(s) in the usual manner.
5. Whether the shot is made or missed, the ball is dead. The game is started with a jump ball in the center circle.
6. The foul should be called even if it is discovered after the ball has been tapped on the jump ball and play has begun. The free throw is administered in the usual manner and play resumes from the free throw.
7. If a foul for unsportsmanlike conduct or a flagrant foul is called during intermission, the free throw shall be administered and the ball awarded at the division line to the team which was fouled.

Time-Out

1. Blow whistle, raise one hand over head, fingers spread, and say, "Time-out." Indicate to whom the time-out is to be charged.
2. If requested by the team in possession of the ball or by the coach of that team, call a time-out immediately, except when the ball has been placed at the disposal of the shooter during a free throw, at which time no one may call time out. Any player on the court may call a time out following a goal until the team

putting the ball in play from the endline position themselves out of bounds with the ball.

3. The official closer to the scorer's table should see that the scorer records the time-out for the team requesting it. Call a technical foul if the number of team time-outs is more than five, award the time-out and resume play with a free throw. Follow free throw procedures for a technical foul.
4. In case of injury or loss of contact lens; call a time-out:
   a. when the ball is dead
   b. when the ball is in control of the injured player's team
   c. immediately when necessary to protect an injured player.
5. Secure the ball and note where it was when a time-out was called.
6. An official's time-out is not taken for equipment repair except under extreme conditions.
7. During a team time-out, the official not responsible for putting the ball in play should be positioned near the scorers' table to beckon in substitutes. The official putting the ball in play should retain possession of the ball at the spot where it is to be put in play.

Time-In

1. See that the ball is at the designated spot where it is to be put in play.
2. When the ball is put in play from out-of-bounds after a team or official time out, ask, "Timers ready?" and hand or toss the ball to player making the throw-in. The administering official gives the time-in signal as the ball is touched by a player on the court.
3. When the ball is put in play with a jump ball, see that jumpers are in position before tossing the ball. If the jump ball is following a team time-out or an official time-out, see that jumpers are in position; ask, "Timers ready?" and then toss the ball.

Substitution

1. The official closer to the scorers' and timers' table is in a good position to beckon substitutes onto the floor, but either official may do so. The official should make certain that the player substituted for has left the court.

Warnings and Disqualifications

1. A coach or team follower may be instructed to leave the gymnasium for certain fouls (Rule 12, Sect. 37, PENALTY for Sect. 37, a and b, (2)). The first foul is considered a warning;

the second infraction of the above mentioned foul will result in the officials' request for the offender to leave the gymnasium. At the time of the first foul, it would be wise for the official who called the foul to remind the offender that the second foul will result in a request to leave the area. If the individual refuses to leave, the team must default the game.

2. The officials should see that the disqualified player leaves the game before the free throw is taken, beckon substitute to enter the court, and follow regular free-throw procedures.
3. For a single disqualifying foul, the official calling the foul should notify the player of the disqualification and follow regular free throw procedures.

End of Quarters and Halves

1. Either official may recognize the timer's horn with a whistle and say, "Quarter" or "Halftime," as the case may be.
2. The referee should check the official scorebook, announce the score, and make sure that captains are notified three minutes before the start of each half.
3. The officials should secure the game ball and prohibit practice with it during intermissions.

End of Game

1. Either official may recognize the timer's horn with a whistle and say "Game."
2. The referee shall check the official scorebook and announce the score if it is not visible.
3. Both officials sign the official scorebook.

Coordinating Officials' Duties

1. It is important not only that each official performs assigned tasks, but that each is aware of the other official's duties and how each can help the other.
2. Be aware of the position of the other official. This is especially important following jump balls and/or out-of-bounds plays on the leading official's sideline. The leading official should primarily be responsible for the adjustment of position on the court. Be flexible; adjust! Do not have "tunnel" vision; view a large area of the court.
3. Double whistles do not imply bad techniques. As a general rule when a double-whistle situation occurs, the official closer to the play should make the call. If this official hesitates, the other official should announce a decision.
4. Assist other official on out-of-bounds plays or in any other way.

5. Use time-outs and intermissions to confer about problem situations which have occurred. It is wise to seek opinions and advice of the other official. It may seem wise to speak to a player, coach, or entire team about rought play or poor behavior if such exists.

General Suggestions

1. Give decisions accurately and quickly. Do not delay call except for the few violations where holding the whistle is indicated. The whistle is held in the following instances:
   a. On a jump ball, to see which team controls the ball first (Rule 7, Sect. 22, a, b, g, h).
   b. On a free throw, if the defensive team commits a violation, to see if the free throw is successful (Rule 13, Sect. 45, c).
   c. On an out-of-bounds play while the throw-in is being made, to see that no advantage would be given to the team commiting the violation if the penalty were administered (Rule 9, Sect. 31, j, k).

   The line violation signal may be used to indicate that the official saw the violation but is holding whistle.
2. Be consistent in calling fouls. The slight physical contact or brushing of opponents caused by players moving rapidly on the court should not be penalized unless the offended player is placed at a disadvantage because of the contact, or roughness results.
3. Whenever an official deems it necessary to take time out to give a warning for an infraction of Rule 12, Sect. 37, the official must call a technical foul since that is the proper procedure for a warning for violation of Rule 12, Sect. 37.
4. Maintain a firm but friendly attitude toward both teams.
5. Show a sense of humor appropriate to situations that may arise.
6. Be quietly efficient. Avoid calling attention to yourself through unnecessary noise or gestures.
7. Be conscious of tonal inflections so that the voice does not become monotonous or accusing.
8. Never talk with a whistle in the mouth.
9. Be able to give arm signals with either arm to permit the scorers, timers, and/or players to see the signal more clearly.
10. Be certain that the hands are raised well above the head when giving the signals which indicate time-out and time-out foul.
11. In general, make your signals as *large* as possible and hold them as *long* as necessary for maximum communication.
12. Accept constructive criticism gracefully.
13. Whenever the ball is dead, officials can maintain the continuity of the game by taking their positions quickly.

Signals (as shown on back cover of this *Guide*)

The *goal is awarded* signal should be used to clarify, for scorers, players, and spectators, situations in which there might be a question as to whether or not a goal counts (for example, at the end of a playing period, when an offensive or defensive foul occurs on a shot for goal, or any other situation when deemed appropriate).

The signals added to illustrate the fouls most frequently occurring are given *after* the time-out foul signal.

Holding – The clenched fist is already raised on a foul; then simply grasp the wrist with your other hand.

Pushing or charging – Extend the arms in front of the body in a pushing motion.

Illegal use of hands; hacking – Make a chopping motion with one hand on the wrist area.

Blocking – Place both hands on hips.

The violation signals are all to be preceded by the time-out, no foul signal and followed by appropriate indication of the direction of the ball.

The signal *incidental contact* communicates to the players that "No foul" or violation occurred. It implies that the official *saw the play or action and there was no foul or violation.* Often a player moving through the lane trips over the feet of another player, or on a shot for goal the guard legally blocks the ball; the player, thinking there was a foul, looks at the official as if to say "Didn't you see that?" This signal gives the official a way to communicate with the player in a nonverbal manner.

A wrist or hand flick counting seconds when time is limited for putting the ball in play is desirable, but not required.

Offensive foul – place one hand behind head.

Bonus situation – arms extended at shoulder height and parallel to the floor with the forefinger of each hand fully extended. For the second throw drop the arm away from the score table. It is necessary only for the administering official to signal the number of free throws.

Corrections and Additions in Signals

Correct illegal dribble to include both hands moved up and down alternately.

75

30-Second Clock Violation

Move arm up and down touching top of head.

Thirty Second
clock violation

JOINT NAGWS-AAU BASKETBALL RULES COMMITTEE 1974-75

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Inquiries on interpretations of rules must include a stamped, self-addressed envelope and should be addressed to Shirley Duncan, 9313 Winbourne Rd., Burke, VA 22015. In writing, please include the number of the rule and the section to which your inquiry refers. *The rules interpreter does not make decisions on protests or on the winners of games or tournaments.*

SUMMARY OF BASKETBALL RULES CHANGES FOR 1975-76

The rules have been reorganized to put the cause and effect together to eliminate the need to cross reference. Rules or part of rules that have deen deleted no longer are in effect.

1. Rule 1, Sec. 1, d. has been clarified to aid in marking lane spaces.
2. Rule 2, the 30-second clock is no longer optional for high school games.
3. Rule 2, number 8, gives the official the responsibility for declaring what is or is not dangerous to other players.
4. Rule 2, Sec. 5, c, and Rule 5, Sec. 17, are consistent with the "preventive officiating" philosophy and now assess a penalty for an infraction of the rule after being notified.
5. Rule 2, Sec. 5, e, has been changed to aid the referee in notifying teams of the time before each half is scheduled to begin.
6. Rule 2, Sec. 5, f, clarifies the referee's duties regarding verifying the score.
7. Rule 2, Sec. 7, a, makes the running score the official score. It is quicker for the scorer to record the running score than the individual players' scores.
8. Rule 2, METHOD OF SCORING BASKETBALL, reflects changes necessary to comply with the rules. Note the method for indicating bonus attempts and the method for recording technical fouls.
9. Rule 2, Sec. 8, b, (3), gives the assistant timer the responsibility of displaying the foul indicator each time a foul is charged to a player.
10. Rule 3, Sec. 10, a, (2), games now played in 20-minute halves will have a 15-minute intermission.
11. Rule 3, Sec. 12, c, permits any player on the court to call time out until a player on the team putting the ball in play has positioned herself out-of-bounds with the ball.
12. Rule 4, BONUS SHOT, clarifies that technical fouls are the only fouls that do not count toward the accumulation of a team's 4 or 5 fouls each half.

DEAD BALL definition has been changed and a LIVE BALL definition has been added.

GOALTENDING can be either offensive or defensive.

13. Rule 5, Sec. 15, and Rule 2, Sec. 7, now recommend players be listed in numerical order in the scorebook.
14. Rule 6, Sec. 19, indicates the only instance when a playing period is started with other than a jump ball.
15. Rule 7, Sec. 22, g, makes it clear which players must hold their positions until the ball is tapped.
16. Rule 10, stopping off the court to avoid a three-second lane violation is now listed as a violation.
17. Rule 12, Sec. 35, d, an intentional foul is a personal foul. Please note the ball is now in play following the second free throw for an intentional foul as in normal free throw procedures.
18. Rule 12, Sec. 35, f, the definition of control of the ball has been added here for clarification of offensive foul.
19. Rule 12, Sec. 35, i, an unsportsmanlike conduct foul may now be a disqualifying foul.
20. Rule 12, Sec. 36, a, (2), each player with or without the ball now has a vertical space and when contact results from violating a player's vertical space it is a form of blocking.
21. Rule 12, Sec. 36, d, NOTE, has been further clarified to prohibit hand checking which inhibits the freedom of movement of an opponent.
22. Rule 12, Sec. 37, a, (11), a foul is called after a warning has been given for an infraction of the rule.
23. Rule 12, Sec. 37, a, (12), unsportsmanlike conduct has been added as a technical foul by a player.
24. Rule 12, Sec. 37, PENALTY for Sec. 37, a and b, (2), clarifies that an offender shall be disqualified for three infractions of technical fouls listed under Sec. 37.
25. Rule 13, Sec. 40, a, (2), players must now remain behind the restraining circle during the administration of a technical foul.

OFFICIAL BASKETBALL RULES FOR GIRLS AND WOMEN*

THE GAME

Basketball for girls and women is a game played by two teams of five players each. The ball is passed, thrown, batted, bounced, handed, or rolled from one player to another. The purpose of each team is to get the ball into its own basket and prevent the other team from securing possession of the ball or scoring.

Rule 1. Facilities and Equipment

Playing Court
Backboards
Baskets
Ball

SECTION 1. THE PLAYING COURT

a. **THE PLAYING COURT** shall be a rectangular surface free from obstructions and shall have a maximum length of 94 feet and width of 50 feet, or a minimum length of 74 feet and width of 42 feet. The overhead clearance should be 22 feet or more. By mutual agreement of the captains, smaller courts may be used. The court shall be marked by well defined lines, two inches in width and, if possible, 10 feet from any outside obstruction. Contrasting colored floor areas may be used instead of 2-inch boundary lines, by painting or staining the out-of-bounds area in a width of 2 to 4 feet. The center circle and the areas between the free-throw lines and the endlines may also be painted or stained in order that the dividing lines between the two colors will be the boundaries. The court shall be divided into two equal parts by a line drawn parallel to the endlines. The division line shall be 2 inches wide. Any hazardous obstruction within 6 feet of the end line should be padded.

b. **A CENTER RESTRAINING CIRCLE** having a radius of 6 feet and marked with a line 2 inches wide shall be marked in the center of the court.

c. **A FREE-THROW LINE** shall be marked at each end of the court. These lines shall be 2 inches wide, drawn across each free-throw circle parallel to the endline. The farther edges of each free-throw line shall be 15 feet distant from the face of the backboard.

d. **A FREE-THROW LANE** shall be marked at each end of the court perpendicular to the endlines. These lines shall be 2 inches wide. The outside edges of these lines are 6 feet on either side of the middle points of the endlines. These perpendicular lines shall

*Changes from the 1974-75 rules have been indicated by shading.

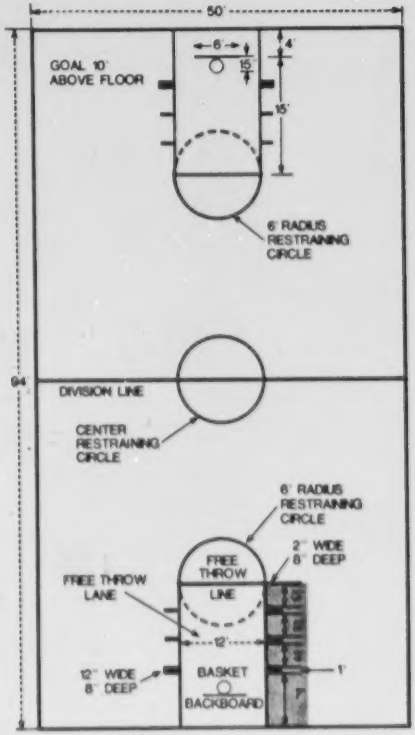

DIAGRAM OF BASKETBALL COURT SHOWING PERMANENT LINES

On short courts, when the backboard is placed against the wall, there shall be an endline, the inner edge of which is 2 inches out from the wall. On narrow courts, when the playing court is the full width of the floor, there shall be a sideline, the inner edge of which is 2 inches out from the wall.

terminate at the free-throw line. Perpendicular to the outside of these lines shall be a neutral zone mark (12 inches wide and 8 inches long) 7 feet from the endline, and three lane space marks (2 inches wide and 8 inches long) located [redacted] inches respectively from the endline. These marks identify the lane spaces which extend from the outer edge of the lane lines 3 feet toward the sidelines. The free-throw circle has a radius of 6 feet outside measurement, the center of which is the midpoint on the free-throw line. The half of the circle within the free-throw lanes shall be marked by a broken line.

SECTION 2. BACKBOARDS shall be of plate glass, wood, or any other material which is permanently flat and rigid. All backboards shall be white and unmarked except where transparent material is used, in which case a rectangle, outlined by 2-inch lines, measuring 24 inches horizontally and 18 inches vertically, shall be centered around the basket. The backboards shall be located inside the court 4 feet from and parallel to each endline, except on short courts where they may be placed directly over the endline. The lower edges of the backboard shall be 9 feet above the floor. The backboards shall be protected from spectators to a distance of at least 3 feet in all directions. The backboard shall be either rectangular or fan-shaped. The dimensions of these boards are indicated in the diagram on page 90.

SECTION 3. THE BASKETS shall be nets of white cord or other material, suspended from metal rings of 18-inch inside diameter. The metal of each ring shall not be more than ¾ of an inch in diameter, with the exception of the addition of small gauge loops on the under-edge for attaching the nets. The rings shall be a bright orange color. The rings shall be parallel to the floor, rigidly attached to the backboards 10 feet above the floor, and equidistant from the vertical edges of the backboards in such a way that the nearest point of the inside edge shall be 6 inches from face of the backboard. The nets shall be 15 to 18 inches in length and shall be constructed so as to check the ball momentarily as it passes through the basket.

SECTION 4. THE BALL shall be round and should have a leather case. However, synthetic material or rubber case may be used provided it meets all other specifications.

It shall weigh between 20 and 22 ounces, with a circumference of 29½ to 30¼ inches. The ball shall be inflated to manufacturer's specifications and be such that when it is dropped

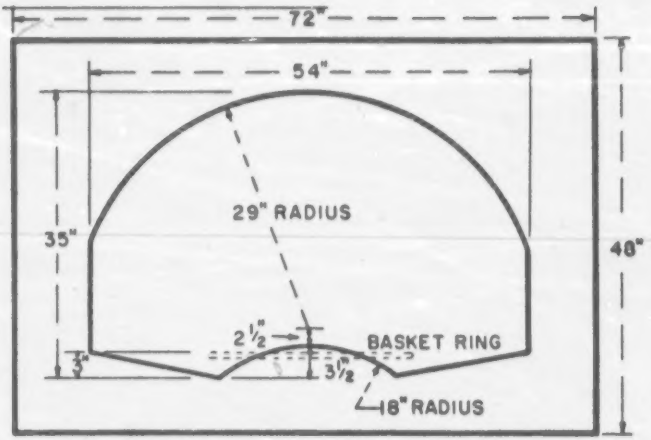

Diagram of rectangular and fan-shaped backboards.

to the playing court from a height of 6 feet, measured from the bottom of the ball, it will bounce between 49 and 54 inches, measured to the top of the ball.

The home team shall provide a ball which is satisfactory to the official in charge of the game. If not satisfied, the official may choose to use the visiting team's ball. If a used ball is provided, the team whose ball is not chosen shall have it as their practice ball. If a new (unused) ball is provided, neither team shall use it in practice.

Rule 2. Officials and Their Duties

Officials
Scorers
Timers

There shall be two officials, one of whom shall be designated the referee, the official in charge of the game, and the other, the umpire. Each team may choose one official, or the home team may select both officials.[1] The official with the higher rating shall be the referee. If both officials

[1] It is strongly recommended that officials rated by the Affiliated Boards of Officials of the National Association for Girls and Women in Sport be secured.

have the same rating, the home team shall choose the referee. On a neutral court, the referee shall be decided by a toss of coin.

These officials shall be assisted by two timers, two scorers, and a 30-second clock operator. A single scorer may be used if she is trained and is acceptable to both teams. The assistant timer may act as the 30-second clock operator, and if not, the home team must assume responsibility of providing the 30-second clock operator.

The home team shall provide the official scorer and the official timer, unless otherwise agreed upon. On a neutral court, the winner of a coin toss shall have her choice of being the home or visiting team.

GENERAL INFORMATION FOR OFFICIALS

1. The officials shall conduct the game in accordance with the rules.
2. The officials shall use the techniques and follow the procedure outlined in the article on techniques of officiating basketball.
3. The officials shall not be connected in any way with either team.
4. The officials should be sure of the date, time, and place for the game, and should arrive at the playing court 15 to 20 minutes ahead of time.
5. The officials shall wear uniforms which allow freedom of movement and which are distinct from those worn by either team.
6. The officials should inspect the playing court, boundaries, and equipment, and clarify all ground rules to both captains and answer questions.
7. The officials shall see that the timing devices are in order, that timers understand how to use them, and that scorers understand the official method of scoring. Any timer or scorer may be removed during the game for inefficiency.
8. The officials should not permit any player to wear jewelry, braces, or casts which in the judgement of the official might be dangerous to other players.
9. Each official shall have the power to make decisions for infringement of rules committed at any time during playing time or intermissions, until time is called ending the game.
10. Neither official has the authority to set aside or question decisions made by the other, within the limits of their respective duties as outlined in these rules.
11. The officials shall sign the scorebook at the end of the game. This action officially terminates their connection with the game.

12. The officials shall use their own judgment in accordance with the general spirit of the rules.

Q1. May any individual or team foul be set aside by the captains and officials?

A. No. Officials may make decisions on any points not specifically covered in the rules, but may not change or set aside any of the rules governing fouls.

Q2. If a visible 30-second clock is not available, may the 30-second rule be ignored?

A. No. The 30-second rule is an essential part of the game. The 30-second clock operator may use a stopwatch and give a distinctive audible signal when the 30 seconds have elapsed.

SECTION 5. THE REFEREE shall –

a. Upon arrival, instruct the visiting captain, or the captain who wins the toss, to take her choice of baskets
b. Approve the ball which shall be used in the game
c. Check the scorebook 10 minutes before the game is scheduled to begin to see that names and numbers of players are listed and check 3 minutes before game time to see that the starting lineup is indicated. Warn the offending team prior to game time if players are listed with duplicate numbers or do not have numbers on the front and back of their shirts. A technical foul shall be assessed each player at the time she enters the game if the number is not corrected.
d. Have the power to declare the game a default or to cancel the game
e. Notify or instruct the official timer to notify each team at least 3 minutes before each half is scheduled to begin.
f. Check the official scorebook, the assistant scorebook, and the scoreboard at the end of each playing period to insure that they agree. The number of fouls recorded may not necessarily agree with the number of free throws awarded due to bonus shots and offensive fouls.
g. Decide whether a goal shall count in case of disagreement
h. Make a decision when scorers and times disagree
i. Have the power to remove scorers and timers in case of inefficiency
j. Have the power to suspend the game for unsportsmanlike conduct in order to restore order, and to discontinue the game if order is not restored. Only two such suspensions of time shall be allowed in any one game.

k. Make decisions on any points not specifically covered in the rules from 10 minutes before the scheduled time for the game to begin until the scorebook is signed. This includes situations on or off the court during playing time or intermissions.

SECTION 6. THE OFFICIALS shall –

a. Decide whether ball is in play or dead
b. Blow the whistle when any of the following occurs
   (1) Jump ball
   (2) Violation
   (3) Foul
   (4) Time-out
   (5) Suspension of play for any reason
   (6) Sounding of timers' or scorers' horn
c. Have the power to order time-out or time-in
d. Administer jump balls and penalties for violations
e. Administer all penalties for fouls and indicate free throws when made
f. Indicate field goals
g. Give players permission to leave the court
h. Recognize substitutes
i. Prohibit practice when the ball is dead except between the halves.
j. At the end of the first half, secure the game ball so that neither team uses it for practice
k. Notify teams and scorers if time allowed for substitution has been exceeded
l. See that the player leaves the game when she is disqualified.

SECTION 7. SCORERS. The scorebook of the home team shall be the official book, unless the referee rules otherwise. The official scorebook shall remain at the scorer's table throughout the game including all intermissions. The visiting team should provide an assistant scorer who should also keep a scorebook at the scorer's table. The scorers shall compare their records after each goal, each foul, and each charged time-out, notifying the referee on the first dead ball of any discrepancy. If the error cannot be found, the referee shall accept the record of the official book, unless she has knowledge which permits her to decide otherwise. If the discrepancy is in the score and the error is not resolved, the referee shall accept the individual record totals of the official scorebook. The scorers shall be provided with a horn with which to signal. There shall be no

change of scorers at any time during the game except in case of inefficiency. The official scorer shall –

a. Keep the record in the official scorebook. The running score kept in the scorebook shall constitute the official score of the game.
b. Notify the officials *immediately* when a player whose name is not legally listed in the scorebook enters the game.
c. Have at her disposal markers numbered 1 to 5. Every time a player commits a personal foul, the scorer shall raise in a manner visible to both coaches the marker with the number corresponding to the number of fouls committed by that player. The markers shall be white with black numbers from 1 to 4 and red for number 5.
d. Notify the officials *immediately* when a player should be disqualified. A player shall be disqualified for (a) 5 fouls, or (b) a single disqualifying foul.
e. Notify the officials *immediately* when a team has taken a sixth time-out.
f. Notify the officials on the first dead ball in case of any disagreement concerning the record in the scorebook. If the scorers fail to notify the officials, the record in the official scorebook shall stand unless the officials' knowledge permits a change at a later time. The final decision shall be made by the referee.
g. Sound the horn when the ball is dead to indicate a substitution. The sounding of the scorer's horn does *not* stop the game.
h. Sound the horn when the ball is dead to notify the officials when a coach requests a team time-out.
i. Keep the record of the game in accordance with the specifications indicated in the official scorebook.
j. Notify the officials immediately, through some visible means, when the bonus rule is in effect.
k. See that a score shall stand which was made by a disqualified or illegal player when an official was not notified.

Q. Can a team protest baskets made by an illegal player?
A. Yes, but the score shall stand since the error was due to the inefficiency of the scorers. The blame cannot be placed on either team since each team supplies one scorer, and the responsibility rests with her.

Note: It is recommended that players be listed in numerical order in the scorebook for the scorer's convenience.

SECTION 8. TIMERS

a. **THE OFFICIAL TIMER** shall handle the game clock. It shall be placed on a table before the timers so that both may see it. The official timer shall be provided with a horn with which to signal. The use of an electric clock is permitted if agreeable to both teams. Such a clock should be operated by an experienced person who must be approved by both teams. The official timer shall –

(1) Start the clock
   (a) As soon as the ball is tapped by one of the players on a jump ball
   (b) When the ball touches a player on the court on a throw-in from out of bounds
   (c) As soon as the ball touches a player on the court after a free throw which hits the ring but does not enter the basket.

(2) Stop the clock on the official's whistle for
   (a) Fouls
   (b) Violations
   (c) Jump balls
   (d) Team time-outs
   (e) Injuries
   (f) Ball lodging in supports of basket
   (g) Substitution
   (h) Any reason deemed necessary by the officials.

(3) Notify the official in charge of the game and each team more than 3 minutes before each half is to start.

(4) Notify scorer 3 minutes before starting time.

(5) Sound the horn at the end of each playing period. In case the horn is not heard, the timer should go on the court to notify the nearer official of the expiration of playing time. If a goal has been made or a foul has occurred, the referee shall consult the timers. If both timers agree that time was up before the ball was in the air, the official shall rule that the goal does not count. If they agree that time was up before the foul occurred, the foul shall not be called. If they disagree, the goal shall count and the fouls shall be penalized, unless the official has knowledge which would alter this ruling. The timer's signal officially ends the playing period.

Rule 2. Officials and Their Duties

Q. A substitute reports to the scorer. On the first dead ball the official timer stops her clock as the scorer sounds the buzzer. Is this correct procedure?

A. No. The timer stops the clock on the official's whistle only. The scorers' horn does not stop play or the clock.

NAME OF TEAM Hon Stanford

NAMES OF PLAYERS	NUMBERS	TIMES IN GAME	GOALS 1ST QUARTER	GOALS 2ND QUARTER	PERSONAL FOULS	GOALS 3RD QUARTER	GOALS 4TH QUARTER	SUMMARY FG	FT	F	PTS
Annie Smith	8	1	2 ⊙		1 2 3 4 5						
Jane Brown	9	1	⊙ ⊙	2 2	1 2 3 4 5						
Betty Brown	10				1 2 3 4 5						
Roberta Doe	12	1	⊙ ⊙ 2	⊙ ⊙ 2	1 2 3 4 5						
Theresa Wright	15	1	⊙ 2		1 2 3 4 5						
Louise Jones (C)	16	11	⊙	2	1 2 3 4 5						
Jane Weaver	23				1 2 3 4 5						
Teresa Wayne	24				1 2 3 4 5						
Barbara Martin	26	/ ⊙ 2		2	1 2 3 4 5						
Jane Greene	30				1 2 3 4 5						
Grace Jefferds	33	1			1 2 3 4 5						
Tess Hamilton	35	1	2	⊙ ⊙	1 2 3 4 5						
Mildred Wilson	36	1	2 2 ⊙ ⊙	⊙ ⊙ 2 2	1 2 3 4 5						
					1 2 3 4 5						
Christine Lloyd				2	1 2 3 4 5						

CUMULATIVE FOULS: 1 2 3 4 5 ⊙ ⊙

TEAM TIME OUTS: 1 2 3 4 5 ⊙ ⊙

TECH FOULS: 1 2 3 4 5 C F

CUMULATIVE FOULS: 1 2 3 4 5 ⊙ ⊙

TOTALS

WON BY _____ DATE _____

SCORE _____ PLACE _____

RUNNING SCORE	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80

METHOD OF SCORING BASKETBALL

To score a field goal, mark a figure 2; for a free throw, draw a circle; if the free throw is made, mark an X in the circle. When two free throws are awarded for one foul, draw a line joining the two circles. When a bonus shot is awarded indicate by using O+O.

In the event that a free throw is awarded for a violation by an opposing player on a missed free throw, the same circle is used for the substitute free throw. If the basket is made, an X is placed in the original circle. Indicate personal or technical fouls, team time-outs, and cumulative fouls by drawing a diagonal line across the number in the space provided. If additional spaces for technical fouls or time-outs are needed, they may be added. Players' numbers should be recorded under technical fouls for which they are charged. A "C" may be used for coach and an "F" for a team follower. Names and numbers of all players shall be listed in the proper spaces before the start of the game. The starting lineup is indicated by tally marks in the Times in Game column and a "c" is written after the captain's name. When a substitute enters the game, place the mark in the

proper column and cross out that of the player leaving the game. If a player reenters the game, place an additional mark in the Times in Game column. There can be no more than five nor less than three uncrossed marks appearing on the scoresheet at any one time. In the running score, a diagonal line should be drawn through two points when a field goal is made and through one point for every free throw made. The sample scoresheet above shows only one page of a regulation scorebook. There is a similar page for the opponents. If an opposing player makes a goal, record it in the space below the listing of players of the team for whom the goal is to be scored; write opposing player and place the 2 under the column for proper quarter. The recording of the summary is not an official duty of the scorekeeper. In the event that this record is desired, each team should complete its own summary. The summary contains individual totals of field goals made (FG), free throws made (FT), fouls committed (F), and total points scored (PTS).

b. **THE ASSISTANT TIMER** shall handle a second timing device. She shall –
   (1) Check the time taken and indicate by sounding the horn when the time-out has expired for
      (a) Substitution – 30 seconds
      (b) Team time-out – 1 minute
      (c) Intermissions.
   (2) Notify the nearer official if more than 30 seconds have been used for substitution.
   (3) Display the foul cards each time a foul is charged to a player.

c. **THE 30-SECOND CLOCK OPERATOR** shall control a separate timing device. She shall be provided with a horn with which to signal. She shall –
   (1) Start the timing device when a team initially gains possession of the ball
   √(2) Stop the timing device and reset when play continues
      (a) When the team loses possession of the ball (the mere touching of the ball by an opponent does not start a new 30-second period if the same team remains in control of the ball)
      (b) When a foul occurs
      (c) When a tie ball occurs
      (d) When a try for goal is attempted
      (e) When the ball goes out of bounds

(3) Stop the timing device and continue time when play commences (a new 30-second period shall not be started).
(a) When the team in possession of the ball calls a time-out
(b) When a player becomes injured or loses a contact lens
(4) Sound her horn at the expiration of 30 seconds. This does not stop play unless recognized by the official's whistle.

Q. *If the attempt for a goal and the horn for the expiration of the 30-second period appear to occur simultaneously, what is the decision?*

A. The official shall decide if the ball left the shooter's hands before the 30-second period expired.

SECTION 9. SCORING

Score	
Length of Game	
Tie Game	
Time-out	
Time-in	
Field goal	2 points
Free throw	1 point
Winner of game	Greatest number of points
Discontinued game	0-0
Defaulted game	2-0 or score stands

If a team defaults, the score shall be 2-0 unless the team defaulting has the lower score, in which case the score shall stand.

If a game is discontinued, the score shall be 0-0.

SECTION 10. LENGTH OF GAME

a. For college and independent teams
(1) 20-minute halves
(2) 15-minute intermission between halves

b. For high school-age teams
(1) 8-minute quarters
(2) 2-minute intermissions between quarters
(3) 10-minute intermission between halves

c. For teams younger than high school age or when the experience of the players is a factor or by state high school association adoption
(1) Playing time may be reduced to four quarters of less than 8 minutes each.

Playing time shall cease instantly when the timer's signal sounds at the end of each playing period unless the ball is in the air on a try for a goal, in which case play shall continue until the goal is made or missed. When a foul is committed simultaneously with or just previous to the sounding or the timer's signal, a free throw or throws shall be attempted immediately.

SECTION 11. TIE GAME. If the score is tied at the expiration of playing time, the game shall be continued without change of baskets for one or more extra periods with an intermission of 2 minutes before each extra period.

In games played in halves, the length of each extra period shall be 5 minutes. In games played in quarters, the length of each extra period shall be 3 minutes.

Each extra period shall be started by a jump ball in the center restraining circle between any two opposing players. As many extra periods as are necessary to break the tie game shall be played. The game is terminated if either team is ahead at the end of any extra period.

SECTION 12. TIME-OUT

a. A player on the court may request a team time-out from an official when her team is in possession of the ball or when the ball is dead.

b. A coach may request a team time-out from an official when her team is in possession of the ball and either from an official or through the scorer when the ball is dead.

c. Any player on the court may call a time out following a goal until the team putting the ball in play from the endline position themselves out-of-bounds with the ball.

d. If time-out is called when the ball is in play and in the possession of a player, as in case of injury or in a team time-out, it shall be awarded to that player or a teammate when play is resumed, at a point out of bounds nearest the spot where the ball was when the whistle was blown for a time-out.

e. Time-out shall be taken for
   (1) All fouls
   (2) Violations
   (3) Jump balls
   (4) Team time-outs – not more than 1 minute at the request of any team. Five time-outs without penalty for each team during regular playing time; one additional time-out on each extra period of a tie game.

(5) Substitutions – maximum of 30 seconds for *each* team. (Exceeding this time is considered a team time-out.)

Q. Is the team given 30 more seconds for each substitution when multiple substitutions are made by one or both teams which are not simultaneous?

A. No. Each team which exceeds 30 seconds from the time of its initial substitution shall be charged with a team time out.

Note: Substitutions may not be made after a field goal unless a team time-out is called by the team in possession of the ball.

(6) Injuries and loss of contact lens - charged to the team or officials at the discretion of the officials. If the injured player is removed from the game, the team shall not be charged with a time-out. The length of time-out taken should be at the discretion of the official. The player may not reenter the game until the next dead ball. Time-out shall be called at the first dead ball, or when the ball is in control of the injured player's team, or immediately when necessary to protect an injured player. Time-out shall be called when the ball is in the control of the team whose player has lost her contact lens, or on the first dead ball, or immediately when necessary.

(7) Suspension – charged to the officials

(8) Any occasion deemed necessary by an official.

Q1. May a coach approach the scoring table and ask for a team time-out when her team is in possession of the ball?

A. No. The coach may ask for a time-out from the scorer only when the ball is dead. The scorer has enough to occupy her attention without having the added work of checking on which team has possession of the ball before calling a time-out.

Q2. If a team takes only three time-outs during regular playing time how many time-outs may be taken during the first extra period?

A. Three. The team may use its two unused time-outs plus the additional time-out for the extra period.

SECTION 13. TIME-IN shall be taken –

a. On a jump ball as soon as the ball is tapped

b. On a throw-in from out of bounds as soon as the ball touches a player on the court

c. On a missed free throw as soon as the ball, which has touched the ring, touches a player on the court.

Rule 4. Definitions of Playing Terms

ACT OF SHOOTING – Begins when the player with the ball, in the judgment of the official, starts the motion which habitually precedes the release of the ball in an attempt to throw for a goal, and ends as the ball leaves the shooter's hands.

AIR DRIBBLE – A play in which a player, after giving impetus to the ball once by throwing or tapping it, catches it again before it has touched the floor or has been touched by another player.

BLOCKED SHOT – A successful attempt by a player to prevent an opponent from completing a shot for the goal by either –

a. Stopping the flight of the ball after it has left the opponent's hand or hands
b. Placing one or two hands on the ball while it is in the opponent's hand or hands.

BONUS SHOT – An additional free throw awarded, if the first free throw is successful, when the bonus rule is in effect. The bonus is in effect for each common foul (except offensive) beginning with the opponent's seventh personal in each half in a game played in halves, and the fifth in each half in a game played in quarters. All fouls except technical fouls count toward the bonus.

CLOSELY GUARDED - The defensive player guards within 3 feet of the player with the ball.

DEAD BALL – The ball becomes dead when the whistle is blown and the clock is stopped.

DEFAULTED GAME – A game is considered defaulted when –

a. A team fails
   (1) To appear for a scheduled game
   (2) To be ready to play within 15 minutes after the time the game is scheduled to begin
   (3) To be ready for play within 5 minutes at the beginning of the second half
   (4) To play after being instructed to do so by the referee

(5) To have five players to start play and at least three to continue play

b. A coach or team follower refuses to leave the gymnasium after being instructed to do so by an official.

DEFENSIVE PLAYER – A player whose team does not possess the ball.

DISCONTINUED GAME – Termination of the game because of persistent unsportsmanlike conduct on the part of spectators or for unforeseen emergencies.

DOUBLE VIOLATION – Violation called upon players of both teams simultaneously.

DRIBBLE – A play in which a player gives impetus to the ball one or more times, causing it to rebound from the floor, and touches or regains possession of it. The first impetus may be given with either or both hands by throwing, batting, or fumbling; subsequent contacts must be given with only one hand. The dribble ends when the player touches the ball with both hands, permits the ball to come to rest in one or both hands, or directs it to another player. The following are not considered dribbles:

a. Successive tries for goal
b. Fumbling which precedes controlled possession of ball
c. Attempts to gain control of the ball by –
   (1) Tapping it from the reach of other players striving for it
   (2) Batting it from the control of another player
   (3) Blocking a pass and recovering the ball
   (4) Blocking a shot and recovering the ball

FOUL – An infringement of a rule for which one or more free throws may be given. Fouls may be called at any time from the beginning of the game until the timer's signal terminates the game.

FUMBLE – A momentary loss and recovery of the possession of the ball by a player.

GOAL – A ball that passes through the basket from above, the impetus having been legally given by any player.

GOALTENDING – An offensive or defensive player interfering with the ball, basket, or backboard when the ball is on downward flight

toward the basket, on the rim, or enroute through the basket. Touching the net is not considered interfering with the basket unless the net is caught hold of and jerked or the hand becomes entangled in the net and causes interference while the ball is within or on the edge of the basket.

HELD BALL – A player holding the ball more than 5 seconds when closely guarded.

INTERMISSION – The interval between quarters, halves and extra playing periods.

JUMP BALL – A method of putting the ball into play by tossing it up between two opponents in one of the three restraining circles.

LIVE BALL – The ball becomes live when:
a. On a throw-in, the ball is placed at the disposal of the team taking the throw-in;
b. On a free-throw, the ball is placed at the disposal of the free throw shooter;
c. On a jump ball, the ball leaves the hands of the official.
Note: The clock may not always be running when the ball is live.

OFFENSIVE PLAYER – A player whose team has possession of the ball.

OWN BASKET – The basket for which a team is shooting.

PASS – Movement of the ball caused by a player throwing, bouncing, batting, handling, or rolling the ball to another player.

PIVOT – A play in which the player holding the ball steps once or more than once in any direction with the same foot. The other foot, called the pivot foot, is kept at its initial point of contact with the floor.

RESTRAINING CIRCLES – The circle with a 6-foot radius in the center of the court and the free-throw circles.

SCREENING – A legal attempt to prevent an opponent from reaching a desired position.

TEAM FOLLOWER – Any individual sitting on or near the bench of a team and/or obviously supporting that team.

THREE–SECOND LANE – That part of the free-throw lane between the free-throw line and the endline, including the lines bounding the area.

TRAVELING – Illegal progression in any direction while retaining possession of the ball inbounds.

VIOLATION – An infringement of a rule for which the ball is put in play from out of bounds.

Rule 5. Players and Substitutes

Team
Captain
Substitutes
Numbers

SECTION 14. EACH TEAM consists of five players. There may be any number of substitutes. If a team has no substitutes and a player is disqualified, the team must play short. A team must have at least five players to start the game. If at any time so many players are disqualified that the team has less than three players available, the game is defaulted to the opponents.

SECTION 15. THE CAPTAIN (or co-captains) represents her team and shall direct and control its play. The captain may address an official on matters of interpretation or to obtain essential information, if it is done in a courteous manner. Any player may address an official to request a time-out or permission to leave the court. The captain, or someone appointed to act as the captain, must be on the playing court at all times.

At least 10 minutes before the game is scheduled to start, the captain or coach shall supply the scorers with the names and numbers of all players, and at least 3 minutes before the game designate the starting lineup.

Note: It is recommended that players be listed in numerical order in the scorebook for the scorer's convenience.

SECTION 16. A SUBSTITUTE before going on the court must request a time-out for substitution. If entry is at any time other than between quarters and halves, the scorer shall sound a horn when the ball is dead. When the clock is stopped the substitute must give the scorer her number and the number of the player she is replacing. The substitute shall remain outside the court until she is recognized by an official. Substitutions may not be made after a field goal unless a team time-out is called by the team in possession of the ball.

During intermissions the substitute must report to the scorer but is not required to be recognized by an official.

A substitute shall not replace a player who is to jump or take a free throw unless she is injured or disqualified.

A player who has left the game may not reenter until the next dead ball after play has resumed. Unless a player has been disqualified, she may reenter any number of times.

SECTION 17. A NUMBER of solid color contrasting with the color of the uniform must be worn by each players and substitute on the front and back of the shirt. The number worn on the back of the uniform should be at least 6 inches high, while that on the front should be at least 4 inches high, and neither less than ¾ of an inch wide. A technical foul shall be assessed each player not wearing numbers on the front and back of the shirt at the time each player enters the game.

The single digits one and two should not be used, nor any digit over five. Combinations of two digits from zero to five should be used.

Players on the same team shall not wear duplicate numbers. A technical foul shall be assessed against the second of the two players at the time she enters the game and she shall not be allowed to participate until the error is corrected.

The coaches shall agree upon contrasting colors prior to the day of the game. If both teams have uniforms of the same color, the home team shall be obligated to change.

Rule 6. Putting Ball in Play

SECTION 18. PRELIMINARIES. Before the game starts, the officials shall explain ground rules to both captains and answer questions. The captain of the visiting team shall have the choice of basket. Thereafter, whenever a field goal is scored, the ball is put in play by an opponent out of bounds at any point behind the endline where the goal was scored. Teams shall exchange goals at the end of the first half.

Preliminaries
Starting Play
Jump Ball
Handling Ball
Tie Ball

Q1. Which team puts the ball in play after a player scores a field goal for the opposing team?

A. The ball is put in play by an opponent of the team which is credited with the score.

Q2. May a player putting the ball in play following a goal move from one position to another position behind the endline in order to get a better throw into the court?

A. Yes. She may also pass to a teammate behind the endline if no more than 5 seconds are taken to get the ball into the court.

SECTION 19. STARTING PLAY. Both teams must be ready to play within 15 minutes after the time scheduled for the game to start. At the expiration of this time, if only one team is ready, the official in charge of the game may declare a default. If neither team is ready, the game shall be canceled.

At the beginning of the second half or after time-out has been taken, if one team is on the floor ready for play within one minute after the official calls play and the other team has only three or four players ready for play, the ball shall be put in play in the same manner as if both teams were complete. The fourth and/or fifth player may enter the game by following the procedure for substitution. If one team has fewer than three players, the game shall be defaulted to the team which is ready.

Each play period shall be started with a jump ball between any two opposing players in the center circle, except following an unsportsmanlike conduct foul or a flagrant foul in which case the period shall begin with the administration of the penalty.

SECTION 20. REGULATIONS GOVERNING A JUMP BALL

Regulations
Tie Ball
Jump Ball
Violations

a. A jump ball is taken in the *center restraining circle* between any two opposing players –
   (1) At the beginning of each quarter
   (2) After a double foul
   (3) At the beginning of each extra period of a tie game.

b. The ball is put in play by a jump ball in the center of the nearest restraining circle when the following occur:
   (1) Tie ball
   (2) Held ball
   (3) Double violation
   (4) Simultaneous contact by two opponents causing the ball to go out of bounds, or if there is doubt as to who last touched it before it went out of bounds.

(5) A ball inbounds and not in possession of a player when time-out is taken for injury
(6) The ball lodging in the supports of a basket.

In situations (1), (2), (3), and (4) above, the jump shall be between players involved unless injury or disqualification requires substitution for a jumper, in which case the substitute shall jump. In situations (5) and (6), the jump shall be between any two opponents.

c. The following regulations govern a jump ball –
(1) Time-out is taken as the official signals
(2) Time-in is taken as the ball is tapped by one of the players
(3) Each jumper must stay in that half of the restraining circle which is farthest from her own basket and have one foot near the center line. All other players must remain outside the restraining circle until the ball is tapped. Opponents are entitled to alternate positions around the restraining circle if they so indicate before the official is ready to toss the ball. Positions must be held until the ball is tapped.
(4) An official shall toss the ball between the two opponents in a plane perpendicular to the floor and upward to a height greater than either of them can reach when jumping, so that it will drop between them. If the ball touches the floor without being tapped by either of the jumpers, the official shall repeat the play.
(5) The ball, after having reached its highest point, must be tapped by one or both players. One or two hands may be used. Neither player may tap the ball more than twice.

SECTION 21. TIE BALL occurs –

a. When two players of opposing teams have one or both hands so firmly on the ball that neither can gain sole possession without undue roughness.

b. When a blocked shot results in a momentary suspension of the ball between the hands of two opposing players.

A tie must be made without personal contact with the body of the opponent except for the hands. The hands are considered part of the ball, when on the ball.

If two players of the same team tie the ball and the official sounds her whistle in error, the ball shall be put in play from out of bounds by one of the players.

When the ball has been tied by more than two players, the official shall select one of the players from each team to take the jump.

Rule 7. Jump Ball

Q1. A player jumps to shoot. Her opponent attempts to block the ball but only succeeds in brushing it. Can the offensive player return to the floor with the ball?

A. No. The opponent did not block the ball because her hand was never firmly in contact with the ball and a traveling violation should be called.

Q2. Can opponents be considered traveling when tying a ball?

A. No. Neither player can be considered as having possession of ball.

SECTION 22. JUMP BALL VIOLATIONS

a. Failure of a jumper to position herself with one foot near the center line. (Hold whistle)

b. Stepping on the line or in opponent's half of restraining circle until the ball is tapped (Hold whistle).

c. Tapping the ball before it reaches its highest point

d. Tapping the ball more than twice.

e. Catching the ball instead of tapping it.

f. Playing the ball before it has touched the floor, basket, backboard, or has been touched by one of the eight non-jumpers.

g. Failure of the players within three feet depth of the restraining circle to hold their positions until the ball is tapped or to remain outside the restraining circle until the ball is tapped (Hold whistle.) (Opponents are entitled to alternate positions around the restraining circle if they so indicate before the official is ready to toss the ball.)

h. Non-jumpers extending their arms or legs in front or behind an adjacent player within a three foot depth of the restraining circle. (Hold whistle.)

PENALTY – Ball goes to an opponent out-of-bounds at the sideline opposite the restraining circle where the jump ball violation occurred.

Q1. If a jump ball is touched or tapped a second time, must the player be in her own half of the restraining circle?

A. No. Only the initial tap must be made in her half of the circle.

Q2. How do you differentiate between a player who is standing around the circle and who therefore must hold her position and one who is not?

A. Players who are around the circle and within an area 3 feet from the circle must hold their positions. Players who are more than 3 feet away from the circle do not have to hold their positions.

Rule 8. Handling The Ball

SECTION 23. REGULATIONS GOVERNING BALL HANDLING A Player may –

Regulations
Spectator Interference
Violations

a. Throw, bat, bounce, hand or roll the ball to another player, or throw for goal
b. Catch, retain or throw the ball with one or both hands
c. Take or tap the ball from an opponent. (The hand is considered to be part of the ball when in contact with the ball.)
d. Advance the ball by means of a dribble or an air dribble, taking any number of steps between the release and the recovery of the ball
e. Hold the ball for 5 seconds inbounds if closely guarded, 5 seconds out of bounds, and 10 seconds on a free throw
f. After a goal, pass to a teammate who is positioned behind the endline. The 5-second count begins when the ball is at the disposal of the first player out of bounds.
g. Touch the ball to the floor while retaining possession of it. This shall not be considered part of a dribble.
h. Use two steps after receiving the ball in the air, on the run, or on the completion of a dribble.
i. Catch the ball while both feet are off the floor, land on both feet simultaneously, and take a second step on either foot.
j. Catch the ball while both feet are off the floor, land on one foot, and take a second step on either foot or on both feet simultaneously.
k. Use either foot as a pivot foot after catching the ball while standing still.
l. Use either foot as a pivot foot after coming to a stop on the first step.
m. Use the first foot to hit the floor as the pivot foot on a two-step stop when catching the ball in the air or at the end of a run, dribble, or air dribble.
n. Lift the pivot foot when releasing the ball for a pass or try for goal. The ball must leave the hands before the pivot foot again touches the floor.
o. On a dribble, release the ball before the pivot foot leaves the floor.
p. Jump while holding the ball, provided it is released before landing from the jump.

q. Continue to play a ball which happens to touch an official on the playing court.

Q1. Is it legal for a player outside the lane to hold the ball longer than 5 seconds?

A. Yes. She may hold it until the 30-second period expires, provided an opponent guards her at a distance greater than 3 feet. As soon as an opponent guards within 3 feet, the player may hold the ball a maximum of 5 seconds.

Q2. What is a two-step stop?

A. When catching the ball on the move, a player may step on one foot (step 1) and then on the other (step 2); *or* on one foot (step 1) and then hop onto the same foot (step 2); *or* on one foot (step 1) and then jump onto both feet simultaneously (step 2); *or* on both feet simultaneously (step 1) and then on either foot (step 2).

SECTION 24. SPECTATOR INTERFERENCE. If a spectator interferes with the flight of the ball at any time other than during a free throw or during an attempt for a field goal, the ball shall be awarded out of bounds at the sideline to the team which last had possession of it.

SECTION 25. HANDLING-THE-BALL VIOLATIONS

a. Kicking the ball intentionally with foot or lower leg
b. Striking the ball with the fists
c. Dribbling illegally –
   (1) Palming the ball – permitting the ball to come to rest in one hand while dribbling
   (2) At the end of a dribble, fumbling the ball after it has been touched with both hands or after it has come to rest in one or both hands
d. Air dribbling illegally –
   (1) Throwing or tapping the ball more than once before it touches the floor or is touched by another player
e. Combining an air dribble with a dribble
f. Holding the ball more than 5 seconds out of bounds, or more than 10 seconds on a free throw
g. Traveling with the ball

PENALTY – Ball goes to an opponent out-of-bounds opposite the spot closest to where the violation occurred.

Rule 9. Out of Bounds

SECTION 26. A PLAYER –

a. **WITH THE BALL IS OUT OF BOUNDS** when she touches the floor or any object on or outside a boundary line.

b. **WITHOUT THE BALL** may run out of bounds provided she does not return at a more advantageous position.

c. **MAY NOT LEAVE THE PLAYING COURT** without permission of an official except during intermissions. When time-out is charged to a team, players may leave the court in order to confer with their coaches at or near their benches.

Player
Ball
Ball Awarded Out-of-Bounds
Throw-In
Small Gymnasiums
Out-of-Bounds Violations

SECTION 27. THE BALL IS OUT OF BOUNDS when it touches the floor or any person or object on or outside the boundary line, the supports, or back of the backboard. (All four edges of the backboard are inbounds.)

The last player to touch the ball before it goes out of bounds is held responsible for the ball leaving the court. If the ball is out of bounds because it has touched a player who is on or outside a boundary line, that player is responsible for the out-of-bounds ball. If a player bats the ball back into the court while her body is in the air outside the court, and if she has not touched the boundary line, floor or any object outside the boundary line, the ball is still inbounds.

If the ball is batted out of bounds by one player on a jump ball, regular out-of-bounds rules shall apply.

If two opponents touch the ball simultaneously, sending it out of bounds, or if the official is unable to determine who last touched the ball, the opponents shall take a jump ball in the nearest restraining circle.

The ceiling, apparatus, and other obstructions over the playing court are out of bounds unless ground rules to the contrary have been agreed upon by the captains before the game.

Q1. On an out-of-bounds play, the ball is batted by an opponent who is inbounds. It hits the player taking the throw-in who has not returned inbounds. Which player is awarded the ball?

A. The player who batted the ball is given the throw-in. The ball is out-of-bounds because it has been touched by a player who is outside the boundary line.

Q2. May a player taking a throw-in bounce the ball to herself as a signal to her teammates?

A. Yes, providing she passes it inbounds within 5 seconds, and providing no part of the ball touches within the court before she catches it again. If she bounces the ball on the line, she has carried the ball inbounds and has therefore committed a violation.

SECTION 28. THE BALL IS AWARDED OUT OF BOUNDS

a. At the nearest point (endline or sideline) after –
   (1) A violation, except as listed in b. and c. below (handling ball violations, out-of-bounds situation 30-second violation)
   (2) A dead ball while a team is in possession and no foul is involved (team time-out, official time-out)
   (3) Spectator interference except during a free throw
   (4) Common fouls, until the bonus rule is in effect
   (5) Offensive fouls

Note: The ball shall not be put in play on the endline between the free throw lane lines extended except following a goal.

b. At the sideline after –
   (1) Jump ball violations
   (2) Free throw violations
   (3) Three-second lane violations
   (4) Offensive goaltending
   (5) A free throw (or throws) whether successful or unsuccessful, for technical fouls and flagrant fouls

Note: For (1) the ball is awarded opposite the respective circle at which the violation occurred. For (2), (3), and (4) the ball is awarded opposite the free throw line extended. For (5) the ball is awarded at mid-court to the team fouled.

c. At the endline after –
   (1) A successful field goal
   (2) A successful free throw, except following a free throw awarded during intermission.

SECTION 29. THE THROW-IN. If the ball goes out of bounds, it shall be put in play by an opponent of the player who caused it to go out of bounds. The player throwing the ball in bounds shall release the ball within 5 seconds. The player guarding her, or the teammate receiving the pass may not touch, reach or step over the boundary line until the ball has left the hands of the player taking the throw-in.

When out-of-bounds space is limited to 3 feet or less, no part of *any* player within the court may come nearer than 3 feet to the spot on the boundary line where the ball is being thrown in until the ball has left the hands of the player taking the throw-in.

Q1. A player putting the ball in play from out of bounds throws the ball across the court and out of bounds. Who is awarded the ball?

A. An opponent of the player who caused the ball to go out of bounds. The ball is put in play at the sideline nearest the spot where it went out of bounds.

Q2. A player taking the throw-in steps on or over the boundary line before releasing the ball. She realizes this and withdraws her foot to the legal out-of-bounds area and then releases the ball. What is the decision?

A. Violation. A player may not carry the ball into the court from out of bounds.

SECTION 30. IN SMALL GYMNASIUMS where the full length or width of the floor is used, a free ball shall be out of bounds when it touches the wall or when a player with the ball puts a foot or ball against the wall. A player who touches the wall with hand or body (except the foot) shall not be considered out of bounds.

When the boundary line and wall meet, the player taking the throw-in shall stand with one foot against the wall.

SECTION 31. OUT-OF-BOUNDS VIOLATIONS

a. Causing the ball to go out of bounds
b. Placing the foot or ball against the wall while in possession of the ball when playing on a small court
c. Touching the boundary line with any part of the body while in possession of the ball
d. Leaving the court without the ball and returning at a more advantageous position
e. Carrying the ball into the court from out of bounds
f. Touching the ball after putting it in play from out of bounds and before it has been touched by another player
g. Holding the ball more than 5 seconds out of bounds before passing it into the court
h. Leaving the spot designated by the official for a throw-in
i. Entering the court at a more advantageous position after an out-of-bounds play

j. Touching or reaching over the boundary line while guarding an opponent taking a throw-in. No violation shall be called if the penalty is to the advantage of the team committing the violation.

k. When out-of-bounds space is limited to 3 feet or less, a player inbounds failing to keep 3 feet away from the spot on the boundary line where the ball is being thrown in. No violation shall be called if the penalty is to the advantage of the team committing the violation.

PENALTY – Ball goes to an opponent out-of-bounds at the spot where the violation occurred.

Rule 10. Three-Second Lane Violation

A player without the ball remaining for more than 3 seconds in the free-throw lane while her team is in possession of the ball. This refers to the part of the free-throw lane between the free-throw line and the endline, including the line bounding this area. If she receives the ball within 3 seconds, she has 3 additional seconds to shoot or get out of the lane. Stepping off the court to avoid a three-second lane violation is illegal.

PENALTY – Ball goes to an opponent out-of-bounds at the sideline opposite the free throw line extended.

Q1. If a player receives the ball in the lane, what option does she have?

A. a. She may shoot within 3 seconds of receiving the ball and then stay in the lane, since a ball in the air on a try for goal is no longer in possession of her team.

b. She may pass to a teammate, but the pass must be away and she must be out of the lane within 3 seconds of the time she received the ball. This assumes a successful pass and that the ball remains in possession of her team.

c. She may dribble out of the lane, but both she and the ball must be out of the lane within 3 seconds, from the time she received the ball.

Q2. May a player without the ball remain in the free-throw lane more than three seconds during a jump ball in the free-throw restraining circle, or after the ball has been released for a try for basket and the following rebound play?

A. Yes. The ball is not considered in the possession of her team during those instances.

Q3. An offensive player has the ball out of bounds and her teammate moves into the free-throw lane. When does the official start counting for the 3-second violation?

A. As soon as a player on the court touches the ball.

Rule 11. Field Goals

SECTION 32. VIOLATIONS

a. Throwing for basket when the ball is being put in play from out of bounds.

The *penalty* for a. is as follows:

Goal, if made, does not count, and the ball shall be awarded to an opponent out of bounds at the sideline nearest the spot where the violation occurred. If the goal is missed, the ball shall continue in play.

b. Goaltending

The *penalty* for b. is as follows:

For a violation by a defensive player, the field goal attempt shall be declared a goal whether made or missed, and the ball is put in play behind the endline by the team scored against. For a violation by an offensive player, the basket, if made, shall not count, and whether made or missed, the ball shall be awarded to an opponent out of bounds at the sideline nearest the spot where the violation occurred.

Violations
30-Second Violation
Spectator Interference
Types of Fouls
Personal Fouls
Technical Fouls
Special Situations

SECTION 33. 30-SECOND VIOLATION. A team in possession of the ball failing to try for goal within 30 seconds.

PENALTY – Ball goes to an opponent out-of-bounds at the spot closest to where the violation occurred.

Q. Just after the 30-second clock signal is sounded, the ball is shot by forward on the free-throw line. Should the ball be taken out opposite the basket or the free-throw line?

A. The ball should be put in play closest to the position of the ball at the time the 30 seconds elapsed; therefore, in this case, opposite the free-throw line.

SECTION 34. SPECTATOR INTERFERENCE. If a spectator interferes with the flight of the ball during an attempt for a field goal, the goal if made, shall not count, and whether made or missed, the ball shall be awarded out of bounds at the nearest point to the team which made the attempt.

Rule 12. Fouls and Penalties

Although basketball is theoretically a non-contact game, it is obvious that personal contact cannot be entirely avoided when players are moving rapidly over a limited space. The personal contact resulting from such movement should not be penalized unless roughness has resulted. The rule on fouls is designed to prevent roughness in the game and to encourage good, open playing.

SECTION 35. TYPES OF FOULS

a. *Common foul* is a personal foul which is not flagrant or intentional or committed against a player trying for a field goal or part of a double foul or multiple foul.

b. *Double foul* occurs when fouls are called on two opponents simultaneously.

c. *Flagrant foul* is a foul involving an unsportsmanlike act of a violent nature. It may be personal or technical; and may not be intentional. A flagrant foul is always a disqualifying foul.

d. *Intentional foul* is a personal foul, which in the judgment of the official, appears to be premeditated. It is not based on the severity of the act.

e. *Multiple foul* occurs when one player fouls two or more opponents, or when two or more players foul an opponent simultaneously.

f. *Offensive foul* is a common foul committed by a player while she (or her teammate) is in control of the ball.

Control of the ball is to have possession of the ball by either holding, passing or dribbling. Team control begins when the ball becomes alive and continues until the ball is in flight during a try for goal, an opponent secures control, or the ball becomes dead. There is no team control during a jump ball, the tapping of a rebound, or after the ball leaves the shooter's hand on an attempted field goal.

g. *Personal foul* is a player foul that involves contact with an opponent while the ball is in play.

h. *Technical foul* is a non-contact foul committed by a player or non-player, or a contact foul committed by a player while the ball is dead.

i. *Unsportsmanlike conduct foul* is a technical foul in which unethical conduct is exhibited. This may be a disqualifying foul.

SECTION 36. PERSONAL FOULS include:

a. *Blocking* – Personal contact which impedes the progress of an

opponent with or without the ball. Blocking includes contact resulting from:

(1) an opponent entering the path of a moving player without giving that player a chance to stop or change direction
(2) extending body over the vertical plane of an opponent
(3) illegal screening

NOTE: *Stationary screen* (pick) is illegal if contact results after a player assumes a position closer than a normal step away from an opponent when setting a screen from behind; or when she makes contact with a stationary opponent when setting a screen within the visual field of that opponent.

Moving screen – when an opponent is moving, the moving screen must be set far enough from the opponent to permit the person being screened to avoid contact. If the screener moves in an established path and contact results, responsibility lies with the person being screened. However, if the moving screener deliberately changes her pace or direction, the screener is responsible for contact which may result.

b. *Charging* – contact resulting from a player with the ball moving her body or the ball into an opponent whose position is legal or whose path is already established. Contact caused by the momentum of a player who has passed or thrown for goal is a form of charging.

A *dribbler* shall not charge into, or contact an opponent in her path, or attempt to dribble between two opponents or between an opponent and a boundary line, unless the space is such as to provide a reasonable chance for her to go through without contact. If a dribbler, without causing contact, manages to get head and shoulders ahead, the greater responsibility for subsequent contact rests with the defensive player.

c. *Hacking* – hitting the wrist or forearm of an opponent in an attempt to tie the ball, stop a pass, or block a shot.

d. *Holding* – contact resulting from
(1) the use of hands and/or arms which inhibits the freedom of movement of an opponent
(2) continual contact resulting in a disadvantage to the opponent.

NOTE: Occasional contact which does not hinder the opponent from participating in normal offensive or defensive movement should be considered incidental and not a foul. Contact in which pressure is applied shall be considered inhibiting and a foul called.

e. *Pushing* – contact resulting from an attempt to secure possession of the ball from an unfavorable position.
f. *Tripping*

PENALTY for Sec. 36, a through f:
One foul is charged to the offender; if it is the player's fifth personal foul, or if it is flagrant, she is immediately disqualified.

Free throws are awarded as follows:

(1) No free throws for:
  (a) each common foul before the bonus is in effect
  (b) any offensive foul
  (c) a double foul

NOTE: For penalty (a) and (b) above, ball is awarded to opponent at nearest spot out of bounds; for (c), a jump ball is taken in the center restraining circle between any two opposing players.

(2) One free throw for:
  (a) A foul against a player in the act of shooting whose attempt is successful
  (b) Each foul is a part of a multiple foul

NOTE: If a multiple foul is committed against a player in the act of shooting, whose attempt is not successful, the player will receive a total of 3 free throws.

(3) Bonus free throw for:
  (a) Each common foul (except offensive foul)
    (1) Beginning with the opponent's seventh personal foul during the half in a game played in halves, provided the first attempt is successful, or
    (2) Beginning with the opponent's fifth personal foul during the half in a game played in quarters, provided the first attempt is successful.

NOTE: All personal fouls count toward the bonus situation.

(4) Two free throws for:
  (a) A foul against a player in the act of shooting whose attempt is unsuccessful
  (b) An intentional foul
  (c) A flagrant foul.

NOTE: For any flagrant foul, the offending player is immediately disqualified; following the free throws, the ball is awarded to the offended team at mid court.

SECTION 37. TECHNICAL FOULS

NOTE: Infractions which are obviously unintentional and have no effect on the game, or are of an administrative character, should not be considered technical fouls unless there is repetition of the same infraction after being warned by an official. An official may sometimes prevent a foul by warning players when they are about to make some minor infraction such as stepping off the court to get a drink of water, or failing to report to the official when substituting during a time out. It is good judgment for the official to forestall minor technical infractions. Infractions which are deliberate or are unsportsmanlike or give the offender an unfair advantage should be penalized promptly with a technical foul.

Technical fouls include:

a. Technical fouls by player
   (1) Disrespectfully addressing an official
   (2) Using language or gestures likely to give offense
   (3) Baiting an opponent or obstructing her vision by waving hands near the eyes
   (4) Delaying the game by preventing ball from being promptly put in play
   (5) Failing to raise one hand only at arm's length above her head after being charged with a foul, or raising it in such a way as to indicate resentment
   (6) Changing her playing number without reporting to Scorer and to the Referee
   (7) Illegally substituting
   (8) Participating in the game after being disqualified
   (9) Wearing an identical number as a teammate
   (10) Knowingly attempting a free throw to which she was not entitled
   (11) Attempting to disconcert the player taking a free throw until the ball has left her hands, or interfering with the flight of the ball to the basket after having been warned.
   (12) Displaying any unsportsmanlike conduct.

b. Technical fouls by team, coach, substitute, and team follower
   (1) Failing to supply scorers with names of players 10 minutes before the game starts
   (2) Failing to indicate the starting line-up 3 minutes before the game starts
   (3) Taking more than the legal number of time-outs

(4) Addressing officials or opponents in a disrespectful or disconcerting manner at any time
(5) Attempting to influence the official's decision by rising from the bench and/or using gestures
(6) Inciting undesirable crowd reactions
(7) Entering the court, unless by permission of an official, to attend an injured player
(8) Leaving her place to follow the action on the court while ball is in play
(9) Displaying any other unethical behavior.

PENALTY for Sec. 37 a and b:

(1) Offended team is awarded one free throw which may be taken by any player, including an entering substitute; ball is awarded to offended team out of bounds at mid-court. A second free throw shall be awarded if the foul is flagrant or unsportsmanlike.
(2) For three infractions of any technical foul under Sec. 37, the offender shall be disqualified. If the offender is a coach or team follower, she or he shall be instructed to leave the gymnasium following the third technical foul charged to that individual. Failure to leave the area will result in a defaulted game.

SECTION 38. FOULS IN SPECIAL SITUATIONS

When a violation immediately precedes a foul by the same or a different player, the penalty for a violation shall be imposed.

When a foul occurs simultaneously with a violation and both the foul and the violation are called, only the penalty for the foul shall be imposed.

DOUBLE PERSONAL FOUL occurs when fouls are called on two opponents simultaneously. Fouls shall be recorded but penalties shall not be imposed. Play is resumed by a jump ball in the center restraining circle between any two opposing players.

A DOUBLE TECHNICAL FOUL FOR UNSPORTSMANLIKE CONDUCT occurs when fouls for unsportsmanlike conduct are called on coaches or team followers of two opposing teams simultaneously. A free throw shall be awarded to each team and play shall be resumed with a jump ball in the center circle.

FOULS DURING AN INTERMISSION – when one or both teams commit a foul. Fouls during a dead ball are technical fouls.

The free throw(s) shall be taken before the succeeding period begins. Whether made or missed, the period is started with a center jump.

FOULS DURING THE DEAD BALL that follows a foul, if committed by:

a. The team that committed the original foul –
   (1) Free throw(s) administered
   (2) Play resumes with ball out-of-bounds at midcourt
b. The team that was fouled and was to have been awarded possession only
   (1) Free throw(s) administered
   (2) Ball awarded out-of-bounds at midcourt to the team fouled during the dead ball
c. The team that was fouled during play, in all other situations
   (1) Free throw(s) administered
   (2) Jump ball taken in the center restraining circle.

Rule 13. Free Throws

Free Throw
Procedure
Wrong Player
Wrong Basket
Spectator Interference
Multiple Free Throw
Violations

SECTION 39. A FREE THROW is an unguarded throw for goal by a player from a position behind the free-throw line and within the restraining circle. If made, one point is scored. The throw for goal shall be made within 10 seconds after the ball has been placed at the disposal of the player at the free-throw line. This shall apply to each free throw.

SECTION 40. PROCEDURE

a. **PERSONAL FOUL.** If a free throw is awarded, the player who was fouled must take the free throw. If the player fouled against is to be withdrawn from the game, she must attempt her own free throw and wait for the next dead ball. In case of *injury or disqualification* of the player fouled against, the free throw must be taken by the substitute for the injured or disqualified player. The substitute must be one who was not in the game when the injury or disqualification occurred. If no substitute is available, any remaining player may attempt the free throw.

b. **TECHNICAL FOUL.** Free throw(s) may be taken by any player, including an entering substitute, of the offended team.

Following the free throw, the ball is awarded to the offended team out of bounds at mid-court.

Exception: All technical fouls called during intermission (other than unsportsmanlike conduct and flagrant fouls) shall be followed by a jump ball to begin the playing period.

c. **DURING A FREE THROW** for a –

(1) Personal foul for which a free throw is awarded, the teams are entitled to line up at the free throw lanes within alternate lane spaces. The defensive team is entitled to both lane positions nearest the basket. If a player chooses not to occupy the lane space to which she is entitled, an opponent may occupy this position. If players choose to line up, they must have both feet within the lane space which is three feet deep. However, if it not mandatory that players occupy any lane space.

(2) Technical foul – players must remain behind the restraining circle.

d. **IF THE GOAL IS MADE,** the ball shall be put in play by an opponent out-of-bounds at any point behind the endline where the goal was scored. Time-in is taken when the ball from the out-of-bounds play touches a player on the court.

e. **IF THE GOAL IS MISSED** and the ball touches the ring, the ball is in play. Time-in is taken when the ball touches a player on the court.

SECTION 41. WRONG PLAYER. Should the wrong player take the free throw and make it, the goal shall stand unless the officials discover the error before the ball has been put in play from out of bounds. If this error is observed immediately, the goal if made shall not count. If the goal is missed and the ball touches the ring, the ball shall be in play unless the officials discover the error before the ball touches a player on the court. In either case, if the error is discovered before the ball is in play, a violation shall be called and the ball shall be awarded to the opponent out of bounds at the sideline opposite the free-throw line.

SECTION 42. WRONG BASKET. If due to an error the free throw is attempted at the wrong basket, the attempt will not count. A proper free-throw attempt must be made.

SECTION 43. SPECTATOR INTERFERENCE. If a spectator interferes with the flight of the ball during a free throw, the goal, if

made, shall not count, and whether made or missed, the free throw shall be repeated.

SECTION 44. MULTIPLE FREE THROWS

a. For personal fouls: When two or more free throws are awarded the same team, the ball is dead after all but the last free throw, at which time the procedure for a single foul is followed.
b. For technical fouls: When two or more free throws are awarded the same team, the ball is dead after every free throw, and put in play at mid-court following the last.

SECTION 45. FREE-THROW VIOLATIONS. After the ball is placed at the disposal of the player at the free throw line, the following are violations:

a. Failure to attempt the free throw within 10 seconds after the ball has been awarded at the free-throw line
b. Failure to cause the ball to touch the ring or enter the basket
c. Entering a restricted area before the ball touches the ring or backboard or enters the basket –
   (1) While taking a free throw, touching the floor on or beyond the free-throw line or restraining circle
   (2) Any player touching the floor on or within the free-throw lane boundaries including the lane space marker
   (3) Any player, other than the player taking the free throw, entering the restraining circle
   (4) Any player entering or leaving a lane space after the ball is given to the shooter
   (5) Any player entering the lane space of another player or extending her arms into an adjacent space
d. Any opponent disconcerting the player taking the free throw

PENALTY –

If the violation is committed –

1. By an offensive player, the goal, if made; shall not count, and whether made or missed, the ball shall be awarded to an opponent out of bounds at the sideline opposite the free-throw line.
2. By a defensive player, the goal, if made, shall count and the ball is put in play from out of bounds at the endline by an opponent of the player taking the free throw. If the goal is missed, the free throw shall be repeated.

3. By players of both teams, the goal, if made, shall not count, and whether made or missed, a jump ball is taken in the nearest restraining circle between the players involved.
4. On multiple free throws, if a violation is committed on any free throw before the last one, the ball is put in play following the last free throw as if no violation had occurred. If such a violation is committed –
   a. By an offensive player, the goal, if made, shall not count.
   b. By a defensive player, the goal, if made, shall count. If missed, the free throw shall be repeated.
   c. By players of both teams, the goal, if made, shall not count.

Q1. A player commits an illegal free throw by making a shot which falls short of the basket. An opponent steps over the lane line. Is a double violation called?

A. No. The opponent is drawn into the lane because she was anticipating the ball's hitting the ring or board and ring. The ball would be given to her team out of bounds at the sideline.

Q2. An opponent is standing on the lane line as the player releases a free throw. The shot is short and fails to touch the rim. Is a double violation called?

A. No. The lane violation occurred first; therefore, the free throw is repeated.

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